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#1 FREE DAILY NEWSPAPER IN CENTER CITY

IS IT TRUE? A NEW LITTLE DREW IS DUE? {page 12}

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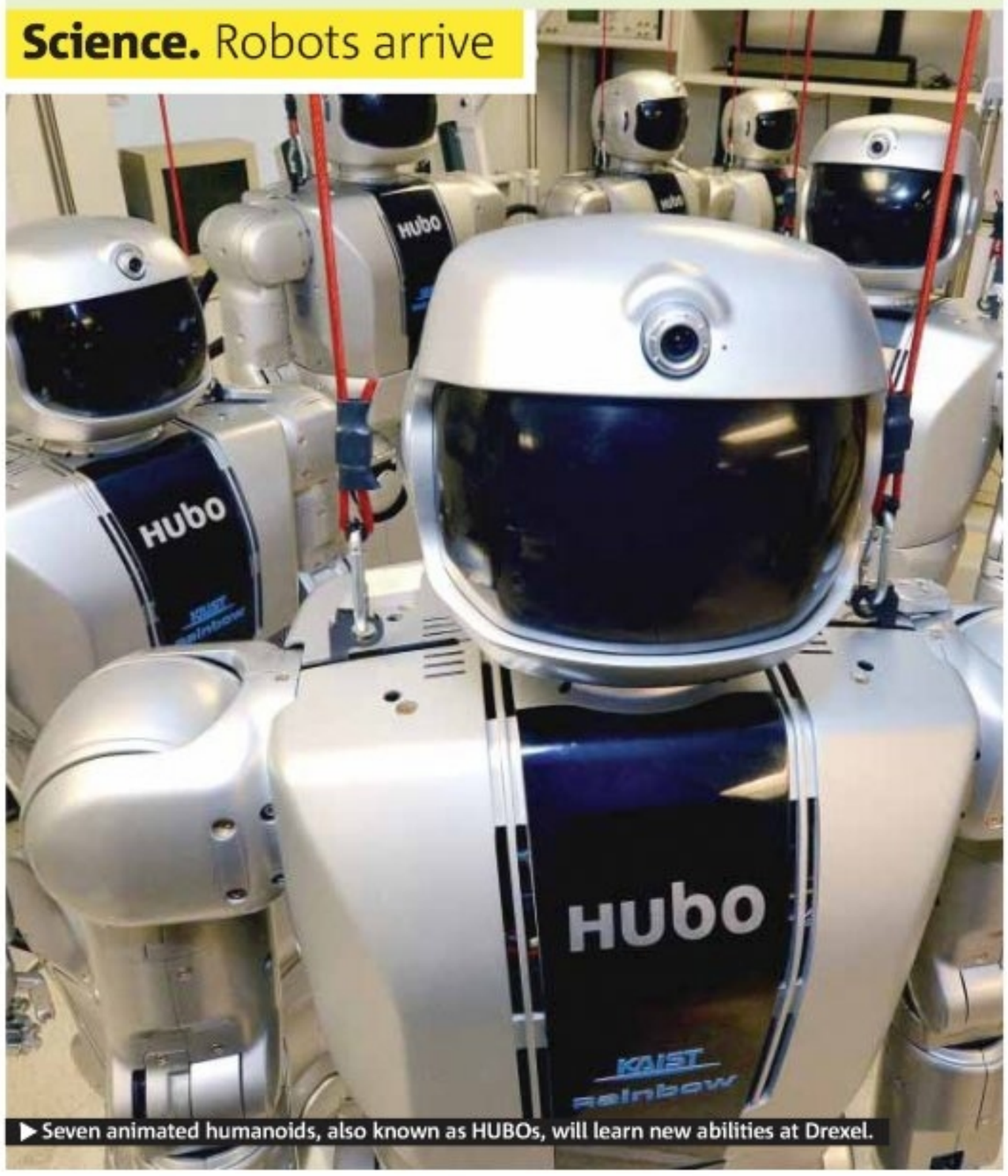
PHILADELPHIA

Wednesday, February 22, 2012

BEKARD LARMA/METRO

Science. Robots arrive



▶ Seven animated humanoids, also known as HUBOs, will learn new abilities at Drexel.

Engineers at Drexel University are excited about the newest arrivals on campus, but while they are here to learn, they aren't traditional students. Seven futuristic robots will spend the next year in University City adding to their already frontier-pushing skill sets. Those who will do the teaching describe the seven HUBOs as the largest collection in the world. {page 02}

Dog skulls, slaughtered birds mark Chesco cult?

- Grisly find in Caln home on Monday stumps cops
- Dead animals found after search warrant issued for drugs
- No charges yet in macabre scene {page 02}

Special section

Getting down to the heart of the matter

- How to know if it's just chest pain or an actual heart attack
- Plus, what you don't know about heart disease {pages 21-27}

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Dismembered animals litter home

When police visited a Caln Township home to follow up on a drug investigation Monday night, they received a gruesome surprise. After finding drugs and paraphernalia, they executed a search warrant — and immediately called the Chester County SPCA.

"There were four or five types of knives in the living room area and we also found a skull that appeared to be canine in nature that was covered in gold flake," said Richard Britton of the Chester County SPCA. "There was also an animal spine covered in gold flake both in the living room area. In addition, there was a necklace, possibly made out of teeth or animal bones."

The horror continued as SPCA officers made their way to the kitchen, where they found two more skulls on the counter and the head of a skinned animal in the freezer. There were more skulls and two strung-up collections of chicken parts hanging from a tree in the backyard, along with a barbecue pit that appeared to be strewn with charred animal bones. "We also found a chicken coop in the back of the yard and are thankful we were able to rescue two chickens," Britton said.

ALEXANDRA WIGGLESWORTH

6

Skulls and heads of dogs found decapitated inside the Caln home after police searched the home following a drug investigation. They were found in a refrigerator and the backyard, among other places.

In the news

25

Stories tall that the historic building called 1616 Walnut at the same location in Center City stands. The building that dates to 1929 sold to a Maryland real estate firm that may convert the commercial space to residential homes, according to the Inquirer.

METRO

In the news

Execution

A 46-year-old man was dragged out of his Juniata Park home and executed in a nearby rear alley yesterday morning, police said. The dead man was discovered at 11:30 a.m. on the 3900 block of Palmetto Street with multiple gunshot wounds to the head, back and arm.

Optimism remains in area housing

PHILADELPHIA. The housing market is on the uptick in the Philadelphia region, with the number of homes sold increasing overall in January. Realty company Long & Foster, which released their Market Minute report yesterday, attributed the increase to quicker-selling homes and historically-low interest rates.

City homes also spent less time on the market than those in surrounding counties — 87 days, on average, compared with 111 days in Montgomery County.

METRO/AW

Woman charged in hit-and-run

WEST PHILADELPHIA. The woman who turned herself in Monday in connection with a Parkside hit-and-run of 9-year-old Aijahanae Johnson was officially arrested yesterday, police said.

Safiyah Bankhead, 32, of the 1300 block of Kimberly Drive in Overbrook Park, allegedly struck Johnson while the child was riding her bike and then fled the scene.

Johnson was expected to recovered from her injuries. METRO/AW

Attack of the humanoids? No, working with robots

Drexel is home to highly advanced robots for next year Small force of artificial intelligence will help push robotics further into the future

Drexel University is currently housing the largest gathering of humanoid robots, or HUBOs, the world has ever known. But fear not, feeble humans, the campus isn't planning on world domination. They only have seven HUBOs. That number, however, is still monumental in the big picture, one of Drexel's top engineers said.

"These things are still very rare, expensive and complex to build," said Youngmoo Kim, assistant dean at Drexel's College of Engineering. "No one else has this many — it's unprecedented."

The collection of 4-foot-3-inch HUBOs, which have appendages and a range of motion similar to that of humans — including opposable thumbs — was built and imported in partnership with the Korea Advanced Institute of Science and Technology.

Drexel plans to equip them with the ability to navigate the human world. "In the short term, we want to improve their interactive capabilities so they're able to communicate with sound," Kim said. "They're learning to take visual information about the world, like, 'Hey, that's a wall, I shouldn't walk into that,'and to hear environmental sounds, like, 'Hey, there's a bus, don't walk in front of it.'"

The robots will be housed at Drexel for about a year while researchers from other colleges train to operate them, then they will go off to the prospective institutes. "The reason it's important to have the same robots everywhere is research — you can compare apples to apples," Kim said.

▶ Graduate student Alyssa Batula, 25, looks over a HUBO.

"In the long term — maybe 10 years out — we see them as assistive devices. If an elderly woman needs help getting around, they would be able to do that, or unload the dishwasher and take out the trash."

YOUNGMOO KIM, ASSISTANT DEAN AT DREXEL'S COLLEGE OF ENGINEERING

ALEX WIGGLESWORTH
awigglesworth@metro.us

Differing views

- If the possibility of a robot invasion is something you immediately think of when pondering artificial intelligence, you probably learned about artificial intelligence from Hollywood. But Kim said that the possibility of a robot invasion is improbable. "Those who fear a robot uprising should come to the lab and see these things can only take about two steps before they fall over," he said. "There's an interesting cultural difference between the West and the East. Here, people think of "Terminator," "I, Robot" – all the bad things that can happen. In Asia, these things are seen as good: They can save the world."
- The difference, he said, may stem from religious tradition. "In Japanese Shintoism, inanimate objects are assigned animate properties. Here, if something inanimate is not alive, it's not good, especially if it starts moving around. We think of that as a zombie."

Dangerous-job seekers

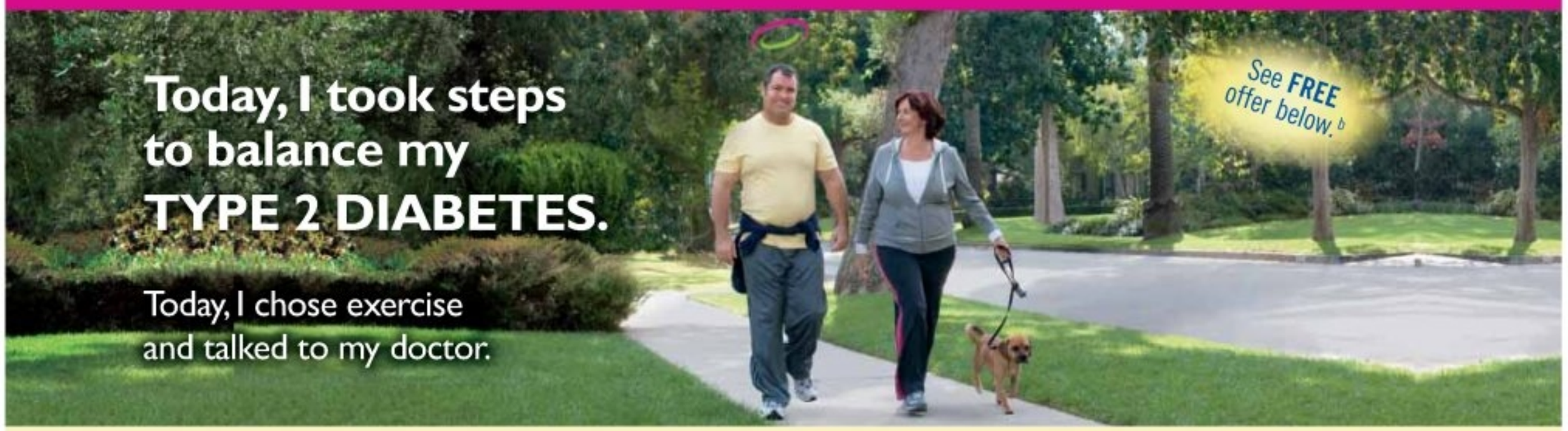
RIKARD LARMA/METRO

While HUBOs may displace people from jobs in the future, Kim said they would be mainly be risky tasks — at least at first.

"The example I always give is the nuclear meltdown in Japan," he said. "They used some robots to survey the site, but they couldn't get to places because they needed to climb over debris and they were on wheels."

"If they were humanoid, it may have been different."

JANUVIA is widely available on most insurance plans.[a]



JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a] Fingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

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Januvia® (sitagliptin) tablets

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[b] **Terms and conditions apply. Please see next page.**

Eligible patients may receive a free 30-day trial supply of JANUVIA.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
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JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2012**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.

Januvia® (sitagliptin) tablets

- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.**
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
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- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

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THIS VOUCHER IS NOT INSURANCE.

Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

  Symptoms of a serious allergic reaction to JANUVIA may include:
  - rash
  - raised red patches on your skin (hives)
  - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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9984404
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DIAB-1018050-0000 12/11

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2012**

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PERFORMED BY GARY MULLEN & THE WORKS

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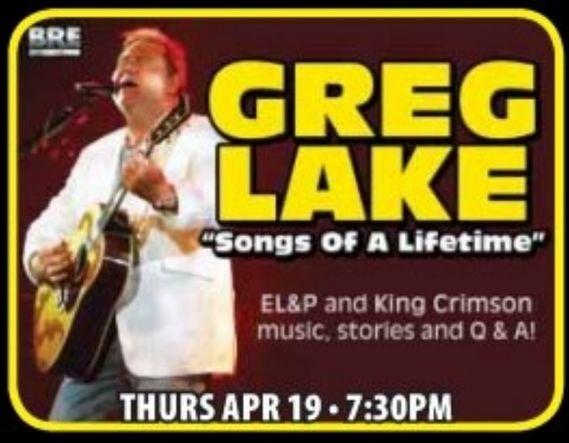

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THE MAN AT WORK from MEN AT WORK

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THE ORIGINAL CHIMES
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LINDA JANSON
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Implants death still open

Local medical examiner, police say they've been waiting on federal lab for months Can't move ahead in death of dancer after buttocks implants

More than a year after an aspiring hip-hop dancer from Britain died following a botched butt-implant procedure in an airport hotel, investigators still need one key element: a final ruling from the medical examiner.

Claudia Aderotimi, 20, flew from England with three friends to undergo the illegal procedure at the Hampton Inn in Southwest Philadelphia, according to police. Aderotimi died at Mercy Fitzgerald Hospital on Feb. 7, 2011.

A preliminary medical report indicated that silicone was possibly injected into Aderotimi's vascular system, causing her heart to stop, but Delaware County Medical Examiner Dr. Frederic Hellman said last week that the results required more testing and were sent to a federal lab.

Quoted

"We all want to bring this to a resolution, but I can't do it until I've got the information."
HELLMAN, MEDICAL EXAMINER

"The issue is that I did get the initial toxicology results, but the problem is I need to determine whether the silicone is therapeutic grade or industrial grade," Hellman said, noting that the type of silicone used will determine whether the person who performed the implant operation was criminally negligent. "It's been five months since we sent things off to the federal lab, and I've heard not a thing. Until I have that available, I can't make a call."

A spokesperson for the Food and Drug Administration would not comment, citing the open investigation.

Padge Victoria Windslowe, a transgender singer known as Black Madam, allegedly performed the procedure and remains the lone person of interest. In a video posted weeks after Aderotimi's death, Windslowe insisted she is "not on the run," but police said she has declined to speak with them through her lawyer.

"We're kind of a in a holding pattern until the ME rules on it," said Lt. John Walker, head of Southwest Detectives. "Once he acts, we're ready to move forward."

SOLOMON D. LEACH
sleach@metro.us

Black Madam post-ops

In a video posted weeks after Aderotimi's death, Windslowe claimed "my phone is still ringing with girls wanting to come."

Lt. John Walker of Southwest Detectives said police are unsure whether she is allegedly still performing the back-alley procedures in the area. And despite her attorney's claim to police that she would "stay local," the singer traveled to New York in the fall to shoot a music video, according to a Facebook posting. Windslowe could not be reached for comment. **METRO/SDL**

▶ Windslowe, aka Black Madam, allegedly performed a botched implants procedure that left a woman dead.

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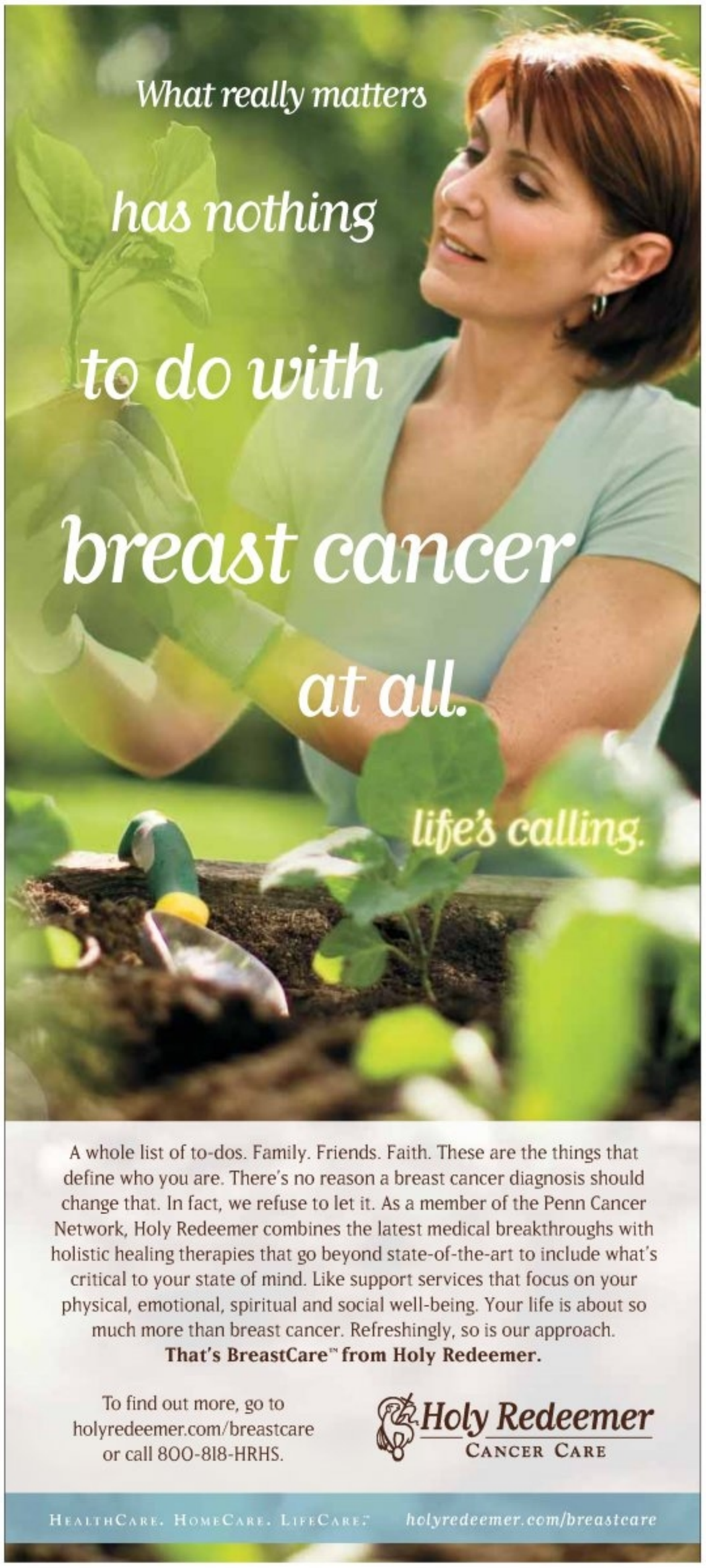

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Indian cuisine in Philly gets its due

First-year culinary highlight, Tashan, now garnering national buzz ◐ Other restaurants also up for awards

With its glimmering, Bollywood-kissed dining room and elegant East-meets-West Indian dishes, Tashan is a standout among the Philly restaurant scene's freshman class. But it's also earning national buzz, landing a spot on the James Beard Awards' Best New Restaurant semifinalist list.

"I think we've created a very innovative restaurant in terms of the menu, and the space itself is very modern. It's an experience you can not get in any other Indian restaurant in the country," says owner Munish Narula, a Wharton MBA grad who is also behind the popular, more casual Tiffin restaurants. "Our dishes are Indian, but there's a very Western influence in the dishes and the presentation."

Also on the new restaurant semifinalist list is Center City BYO The Farm and Fisherman. Other local nods in the national categories include Standard Tap and The Franklin Mortgage & Investment Co. for Outstanding Bar Program; Jessie Prawlucki of Fond and Belle Cakery for Outstanding Pastry Chef; Outstanding Restaurant and Outstanding Service nominee Vetri; the Fountain Restaurant for Outstanding Service; Outstanding Restaurateur Stephen Starr; Tria for Outstanding Wine Program; and Joe Cicala of Le Virtù and Lee Styer of Fond for Rising Star Chef of the Year.

Finalists will be announced March 19, and the annual James Beard awards dinner — which also honors food writing and TV shows — takes place May 4.

As for Narula and Tashan chefs Sylva Senat and Sanjay Shende, making the preliminary rounds is a welcome reminder of the cuisine's increasingly high profile. "Despite the popularity, we still hear that Indian food is all curry or all spicy," says Narula. "Spicy is good, spicy doesn't necessarily mean hot — there's a big difference between chili hot and food being spicy and flavorful. We wanted to introduce that to people who wouldn't usually try Indian food."

MONICA WEYMOUTH
monica.weymouth@metro.us

More Philly semifinalists

The Best Chefs: Mid-Atlantic category includes several semifinalists from the Philadelphia area.

- **Pierre Calmels,** Bibou
- **David Gilberg,** Koo Zee Doo
- **Konstantinos Pitsillides,** Kanella
- **Chip Roman,** Blackfish
- **Marcie Turney,** Barbuzzo

Jobs. Seeking work

▶ Uthara Reji, left, chatted about engineering work with Harshad Tadas during a job fair at Drexel University.

RIKARD LARMA/METRO

Job seekers gather at Drexel U.

Hundreds of prospective and current engineers met with more than 90 companies at a job fair on Drexel University's campus yesterday inside the Bossone Research Center. Drexel's Steinbright Career Development Center and the College of Engineering organized the event. ● METRO

Minority-held channels for Comcast

PHILADELPHIA. Comcast announced yesterday it will carry new channels from Earvin 'Magic' Johnson and Sean 'Diddy' Combs.

Four new channels in total were selected by the nation's largest cable company after it promised to carry more minority-owned channels as it sought federal approval for its majority acquisition of NBCUniversal. The four came from more than 100 proposals.

Johnson's channel, Aspire, will focus on programming that celebrates "the successes, achievements and accomplishments of the African-American community and create new opportunities for the next generation of African-American visionaries." The channel, which will debut this summer, fits into a similar niche as broadcast network Bounce TV, which launched last year.

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Read a book — no, another book

Metropolitik

MICHAEL J. FROSCH

SPECIAL GUEST COLUMNIST

@METROPOLITIK

Rick Santorum should spend less time with his bible and more time at a biblioteca.

Santorum believes that climate change science is a hoax, and this week he offered some of his reasoning. He explained that "man has dominion over the Earth" and "unlike the Earth, we're intelligent and we can actually manage things." But environmentalists, Santorum says, view man "just like any other species out there." They spend too much time "worshiping the Earth" and not enough time worrying about "man and his light."

So, Rick Santorum rides in cars, flies in airplanes, protects his family's health with modern medicine, receives his campaign funding through a worldwide electronic banking system and communicates with voters via TV and the Internet — while simultaneously believing that his incoherent extrapolations from the book of Genesis are an admissible argument against science?

These wonders of modernity would be impossible if millions of scientists, each devoting their lives to the discovery of counterintuitive truths, had not persevered in convincing a skeptical world that its traditional understandings of how things worked — reeking of superstition and religious dogma — were bitterly mistaken.

What Santorum fails to understand is that climate science is no different than the rest of science — it is produced by the very same research methods and rigorous evaluative standards as all other science. In fact, this is precisely what makes something "science," and not speculation, religion or, dare I say, politics — it's called the scientific method.

GETTY IMAGES

▶ Climate change is all in your mind.

When a scientist claims to have used the scientific method, the other scientists make no leaps of faith. Instead, they scrutinize every aspect of the research and hunt relentlessly for the smallest mistake, for any remotely questionable data. Only after the vast majority of a researcher's peers, each poring over not only the research itself but every criticism of it, can find no flaw in the researcher's adherence to the scientific method — only then — can the findings be cautiously said to have produced a scientific fact.

Climate change research has undergone the same rigorous review process as research that has led to the space program, the prevention of polio, the Internet and even the carbon fuel extraction and consumption techniques that scientists now identify as a primary cause of climate change.

The fact that "97.5 percent of climatologists who actively publish research on climate change" have reviewed such research without objection should motivate even someone as ignorant as Rick Santorum to pause, if only momentarily, to consider whether he is truly willing to gamble the fate of the world and all of God's creatures on his unsubstantiated gut feeling that either (1) all of these scientists are, on just this one topic, somehow mistaken, or (2) Jesus will arrive in the nick of time and, sailing across the bubbling oceans atop the last dwindling slab of glacial ice, whisk the righteous away to a better place where there aren't any consequences for one's actions — or for one's beliefs.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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Santorum: Obama health care damages marriage institution

Republican presidential candidate Rick Santorum accused Democratic President Barack Obama's administration of implementing health care policies that discourage marriage and hurt families.

The former Pennsylvania senator, trying to rally conservative voters and put pressure on Republican rival Mitt Romney, said Obama's 2010 health care overhaul gave couples financial incentives to remain unmarried.

"Do you realize that if you are married under Obamacare, you pay a lot more than if you are living together under Obamacare? A lot more."
RICK SANTORUM

"Do you realize that if you are married under Obamacare, you pay a lot more than if you are living together under Obamacare? A lot more," Santorum told 500 voters packed into Froehlich's Classic Corner restaurant.

"Thousands of dollars more for the average American family you paid if you are married."

Santorum's attack was the latest in a series of provocative statements in which he or his staff has touched on religion, health care or abortion in criticizing the Democratic president.

Over the weekend, Santorum questioned Obama's "theology," and suggested that the president's health care law encouraged abortion by requiring insurers to cover various prenatal tests used to identify abnormalities.

REUTERS

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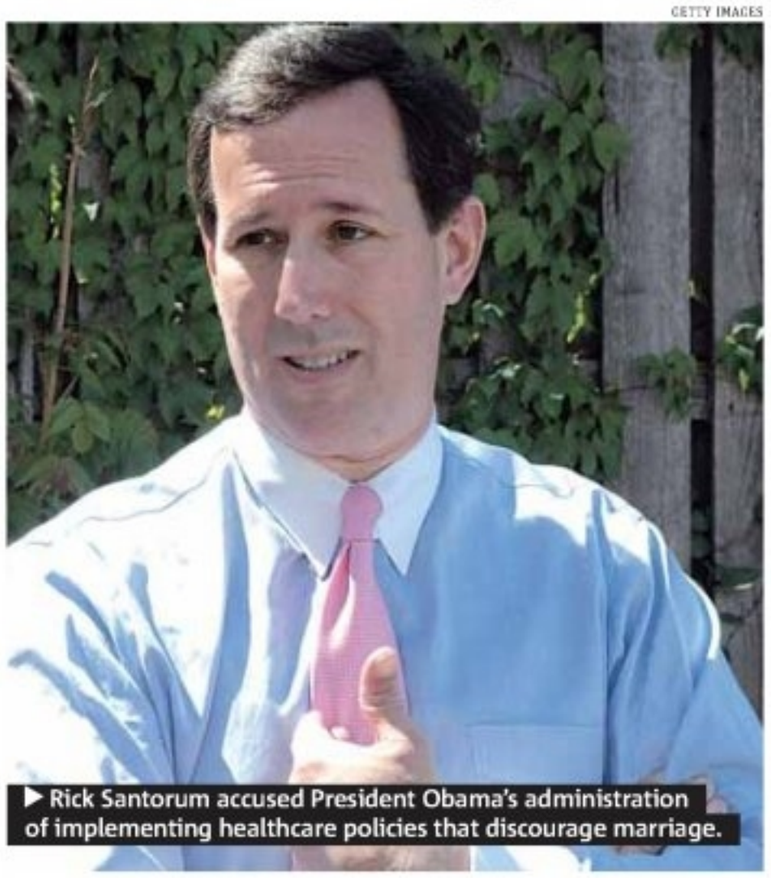


▶ Rick Santorum accused President Obama's administration of implementing healthcare policies that discourage marriage.

Obama targets Santorum on economy

President Barack Obama's re-election campaign regularly rips Mitt Romney, long viewed as the front-runner for the Republican presidential nomination, for his economic policies. Yesterday, it added Romney's rival Rick Santorum to its list of top targets.

In a sign of the growing seriousness with which the president's team takes the former senator from Pennsylvania, Obama's campaign gave equal billing to Santorum in a memo criticizing the two Republican candidates' tax and deficit-reduction plans.

"Governor Mitt Romney and Senator Rick Santorum claim they will champion spending cuts deep enough to cut taxes and balance the budget," Obama campaign policy director James Kvaal wrote in the note, which was distributed to reporters.

"In fact, they have both proposed irresponsible and reckless tax plans that would drive up the deficit by trillions of dollars, while their claims to balance the budget through spending cuts are completely unrealistic."

Santorum has surged ahead of Romney in some national polls of Republican voters.

REUTERS

GETTY IMAGES

▶ The campaigners say dolphins deserve the same considerations as humans.

Group campaigns for dolphin rights

Dolphins should have the same rights as humans, and killing one of the creatures is the same as taking a human life, a group of scientists has been told.

The science group, meeting in Canada, is being lobbied by a small group of experts in philosophy, conservation and dolphin behavior to introduce a 'Declaration of Rights for Cetaceans.'

The campaigners say dolphins are intelligent and self-aware to the extent they deserve the same consideration as humans.

Ethics expert. professor Tom White from Loyola Marymount University, Los Angeles and author of "In Defense of Dolphins: The New Moral Frontier," said: "Dolphins are nonhuman persons. A person needs to be an individual. If individuals count, then the deliberate killing of individuals of this sort is ethically the equivalent of deliberately killing a human being."

METRO

Housing regulator outlines new plan

The regulator of housing giants Fannie Mae and Freddie Mac yesterday outlined a new strategic plan for the two government-controlled firms, stepping into a void left by congressional inaction.

The Federal Housing Finance Agency said the main goal would be to steer the mortgage finance market in a direction that leaves it dominated by the private sector instead of the government.

The 21-page plan, which has taken FHFA a little more than a year to pull together, is meant as a temporary substitute until Congress and the administration put in place a lasting framework for housing finance. Fannie Mae and Freddie Mac were placed in government conservatorship in 2008 as mounting mortgages losses threatened their solvency.

REUTERS

Twitter launches real-time search

Twitter and Russian search engine Yandex have agreed a partnership that will allow Yandex to show new tweets in its search results almost instantly, as Twitter becomes an increasingly important source of real-time information. Twitter will give Yandex access to its so-called firehose of all public tweets, the two companies said yesterday, in an agreement similar to the one the social short-messaging site has with Microsoft's search engine, Bing. **REUTERS**

News in brief

'Scream' for sale, likely $80M

LONDON. Sotheby's will offer the only privately owned version of Edvard Munch's haunting work "The Scream" at an auction in New York on May 2 where it expects to fetch more than $80 million, the highest presale value the auctioneer has ever put on a work of art.

The 1895 work is owned by Norwegian businessman Petter Olsen, whose father Thomas was a friend, neighbor and patron of Munch, the auctioneer said yesterday.

There are four versions of the famous depiction of a figure facing out with its hands to its ears apparently screaming. The three others belong to Norwegian museum collections. **REUTERS**

Military bribe prosecution over

WASHINGTON. The Obama administration yesterday dropped a major bribery prosecution that had been part of a campaign to crack down on corruption after the government suffered several setbacks in court in a case involving military equipment sales.

Federal prosecutors moved to dismiss charges against the remaining 16 defendants rounded up in a "sting" operation to root out corruption under the U.S. Foreign Corrupt Practices Act, which makes it illegal to try to bribe officials of foreign governments.

REUTERS

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

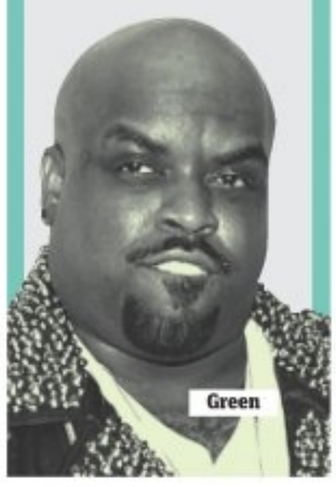
Albert Brooks is surprisingly optimistic, Lindsay Lohan just wants to listen to some music, Cee Lo Green is feeling good about this year, and Joan Rivers is happy to be recognized.

@AlbertBrooks
I'm feeling so good this morning that I set my doomsday watch back by a whole minute.

@lindsaylohan
iTunes is DRIVING ME INSANE... why does it do this? It literally, is LYING to me and saying that my security code is NOT correct & IT IS!

@CeeLoGreen
2012 is mine

@Joan_Rivers
Just found out I will not be a presenter at next week's Oscars. I did, however, get a callback for the "death reel."



Green

Barrymore seen with sonogram pics

I've been so unfortunately fascinated with what might possibly be going on with **Jennifer Aniston**'s uterus that I've totally forgotten to be inappropriately inquisitive with what is happening with **Drew Barrymore**'s. So, I was slightly blindsided when I saw the photos of the actress, 36, taken along with her new fiance, the 34-year-old art consultant **Will Kopelman**, leaving a Beverly Hills doctor's office, holding what are definitely sonogram photos.

TMZ.com, who has published the photos, reached out to Barrymore's rep, who told the site, "No comment."

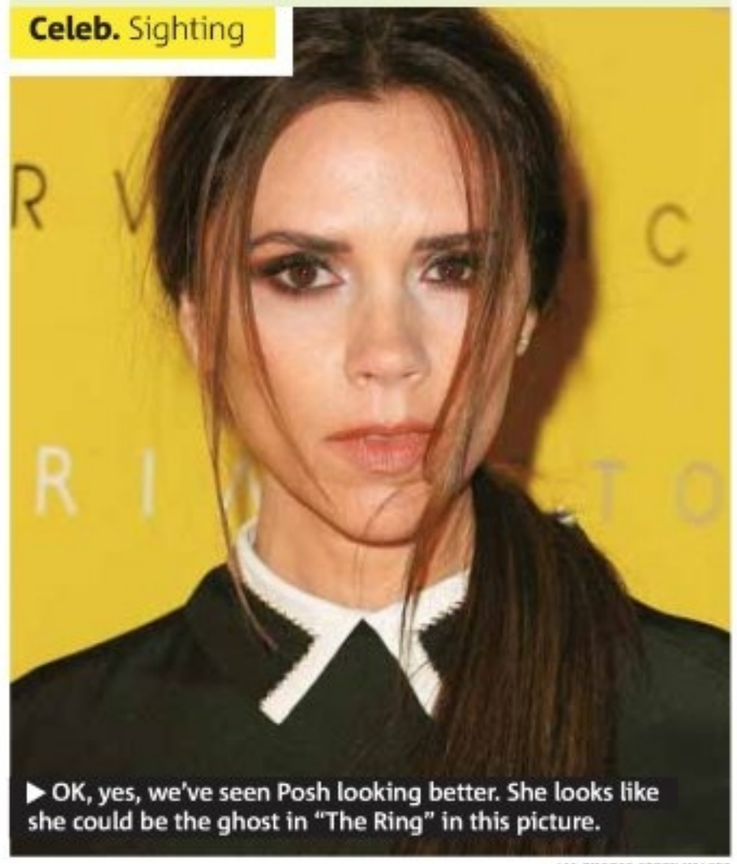
Of course, it's not a done deal until there's a cover on People magazine proclaiming her fertility, but, as you can tell by these recent snapshots of Barrymore (right), she's totally letting her roots grow out and is wearing much baggier clothing. Also, she looks fantastic.

Women in Hollywood have been declared pregnant for much, much less. Here's hoping for awesome Barrymore babies!

Drew Barrymore visited the "Tonight Show With Jay Leno" on Feb. 2.

Barrymore was spotted at the Marni at H&M Collection Launch on Friday in Los Angeles.

Celeb. Sighting



▶ OK, yes, we've seen Posh looking better. She looks like she could be the ghost in "The Ring" in this picture.

ALL PHOTOS GETTY IMAGES

C'mon, give Victoria Beckham a break, world!

Victoria Beckham is striking back at critics who have said she's been looking miserable lately. "Look, if people want to say I'm miserable then so be it," Beckham tells the Sunday Mirror, explaining that she's just exhausted from the combination of having new baby girl Harper to care for and a fashion line to oversee. "And then people want to say I look crap. Well, I'm a working mum, so give me a break."

Talking points

No hope for Seal and Klum

It looks like any hopes for **Heidi Klum** and **Seal** patching things up have been dashed, as Klum reportedly feels better and better about her decision to file for divorce every day, according to People magazine. "They have had very little contact and Heidi wants to keep it this way," a source says. She feels less stressed out now and feels it's best to be away from Seal, so she doesn't get confused about her feelings. She is moving forward with the divorce." Some fans held out hope for reconciliation as the famous couple continued to wear their wedding rings — and apparently they weren't alone.

Aniston

Aniston clears up the rumors

Since **Justin Theroux** broke up with his girlfriend of 14 years shortly before getting together with **Jennifer Aniston**, the former "Friends" star has been dodging claims that she's a home-wrecker. But Aniston insists she and Theroux — who met while filming "Wanderlust" — didn't get together until later. "Nothing happened on that movie," she tells GQ magazine. "It's a rumor — it's the easy rumor, but nothing happened. We were just friends." Speaking of rumors, Aniston continues to use her current press tour to clear up a few stories floating around about her. "I'm not having triplets. Not having twins. Nor am I having one baby. I did not elope," she tells the magazine. "The one time I do say, 'Yes! I'm pregnant!' they'll be like, 'Pfft. Right.'"

Tebow on Perry rumors

Tim Tebow insists that he and **Katy Perry** are not dating — much to the dismay of Perry's mother. "No, there's not" any truth to the hookup rumors, Tebow tells Hollyscoop. "I'm just having fun and enjoying my life, trying to enjoy every moment and not get too caught up in any of the hype."

Driver reveals baby daddy

After keeping mum for three years, **Minnie Driver** has revealed the identity of the father of her son, Henry, saying it was a writer on "The Riches," her former TV series. "He's not famous," Driver tells the Observer — without actually naming the man. "I don't need to protect him anymore. He can fend for himself. He's a grownup. I chose to protect him and not have a rain of publicity." As for how things are now between Driver and Henry's father? "Is he a good dad? Sort of. He's figuring it out," she says. "I mean, he hasn't been that involved — his choice."

Here's Salma Hayek in a plunging gown to kick off your Wednesday

1 Amy Adams attended the Vanity Fair and Juicy Couture "Vanities" 20th anniversary at Siren Studios on Monday in Hollywood.

2 David Beckham and son Cruz Beckham appeared at the second annual Cartoon Network Hall of Game Awards at the Santa Monica Airport on Saturday.

3 Singer Sinead O'Connor performed onstage at the El Rey Theatre on Monday in Los Angeles.

4 Singer Taylor Swift appeared on the "Tonight Show With Jay Leno" at NBC Studios on Monday in Burbank, Calif.

5 Salma Hayek attended Goya Cinema Awards 2012 at Palacio Municipal de Congresos on Sunday in Madrid, Spain.

6 Jack Hanna, along with a little friend, arrived for "The Late Show with David Letterman" at Ed Sullivan Theater on Monday in New York City.

1: FREDERICK M. BROWN/GETTY IMAGES
2: FREDERICK M. BROWN/GETTY IMAGES
3: AMANDA EDWARDS/GETTY IMAGES
4: KEVIN WINTER/NBCUNIVERSAL/GETTY IMAGES
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myentertainment

TV watch list

THE CW

'One Tree Hill'

DRAMA. How do we know things are really winding down over in Tree Hill? Because Chad Michael Murray makes his long-awaited return tonight as Lucas, who lends a hand to old pal Haley while Nathan makes an escape attempt. **8 p.m., The CW**

'Royal Pains'

DRAMA. Jack's illness is more than a medical problem Hank is unable to cure — it spells Jack's demise, a fate Hank is having a difficult time accepting. **Season finale, 10 p.m., USA** AMBER RAY

This guy vs. Nicolas Cage

COURTESY OF COLUMBIA PICTURES

▶ Johnny Whitworth is almost unrecognizable as Blackout, a villainous light-manipulator in "Ghost Rider: Spirit of Vengeance."

When you see Johnny Whitworth, the first thing that probably comes to mind is "Empire Records," in which he starred opposite Liv Tyler as the lovesick A.J. Eerily. The actor has barely aged over the past 17 years in real life, but onscreen in "Ghost Rider: Spirit of Vengeance," he's almost unrecognizable as Blackout, a villainous light-manipulator who makes trouble for Nicolas Cage's cursed flaming-skulled biker.

What can you tell us about how your character, Blackout, is portrayed in the movie without giving too much away?
I can tell you that he's more badass. He's got some cooler powers. He was given cooler powers than in the comic. [In the comics] he was born basically a mutant, and when he went around everything turned black, and then he kind of identified with vampires and had these prosthetic fangs put in and claws, and then he was an assassin kind of guy. In our thing, he actually can control what's going on with the light. It's much cooler.

Did you see the first "Ghost Rider" film?
I did. I think I was there opening day. I go to see all of them; I'm a total geek like that.

As a geek yourself, were you a fan of the comics?
Yeah, yeah. I mean, he was definitely the coolest-looking hero, but I never followed that particular comic too much. My little brother did, and that was my introduction to it when we were younger.

What are your titles of choice?
Well, you have to say "Batman," you know? It always has been a favorite since I was a kid. That was my guy. But I wasn't actually a big comic-book reader. I didn't read very many comics at all. When I say "Batman," I was a kid and Adam West was Batman. That's what I watched, so I was inspired to be Batman through that. It was a cool show. I still watch it every now and then when I flip past it.

Q&A

You go up against the Ghost Rider himself, Nicolas Cage. Was that intimidating?

▶ It's a pleasure to work with Nic. What was cool was that I didn't understand anything that was going on in Romania [where the film was shot], but we could be in a cab or a restaurant or whatever and we'd hear their language and then, "Nicolas Cage." The only thing I would understand was "Nicolas Cage" and then "ciorba," which is soup.

How is it taking on a villain role?
It's fun. It's challenging just for the aesthetic reasons, and it's fun because villains are fun. Bad guys are more interesting, you know?

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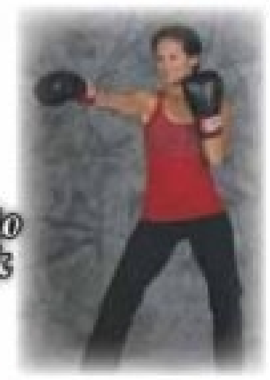

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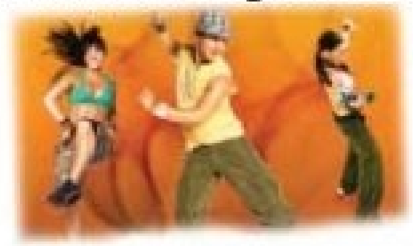

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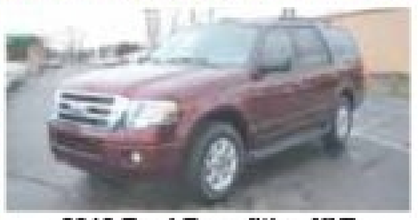

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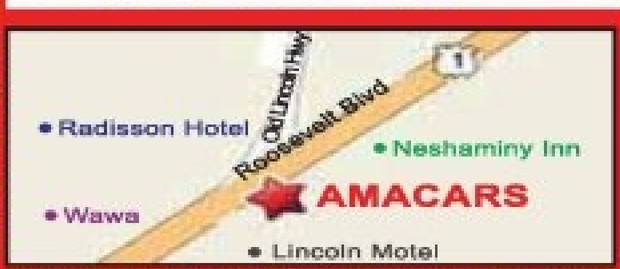

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How Christopher Kane, McQ and Acne sold us on fall's most ubiquitous color

Burgundy gets a lift

As far as colors go, burgundy is a pretty lackluster follow-up to all the pops of yellow we saw for spring. That age-old mix ofred and brown brings to mind '80s corduroy, Avon lipstick and micro-suede couches sold at discount in suburban furniture warehouses — hardly something women would clamor to wear. Simply put, the maroon parade that marched its way through New York was kind of a letdown.

Then the London shows came along and things started to change. In Christopher Kane's hands, the shade became sexually charged, gothic and a little dangerous on his leather-trimmed dresses, padded coat and cigarette trousers. To be frank, Kane used a shade that more so resembled freshly drawn blood than living room curtains with a tech-y, moire fabric that changed tones as the models moved. And that's exactly what made it so memorable. The costume designers for "True Blood" should take note. Vampire Pam's closet could use an update.

McQ

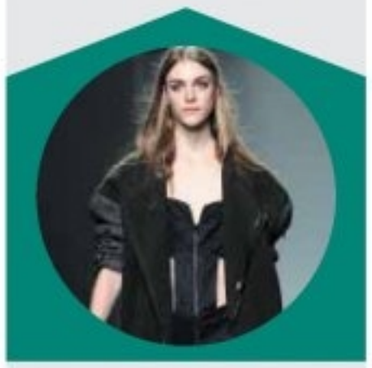
Acne

Acne, meanwhile, gave burgundy a futuristic sheen in glossy leather pieces such as sleek trousers, a belted sculptural coat and full skirt. They looked subversive, directional and, yet, timeless. You could wear these without looking like you've succumbed to the trend of the season and pull them out a few years later and still look modern.

Most memorable, though, were Sarah Burton's sublime plays on texture at McQ. Burgundy looks best when done in rich, plush, touchable things and Burton exploited this to maximum effect. Take her V-neck dress made out of shaved mink on top and embroidered velvet on the bottom, accessorized with leather elbow-length gloves. It looked glamorous without reading old; it was romantic while still maintaining an edge — a world away from the suburban living room.

Christopher Kane

Up and down list



Zipper embellishments

They're everywhere this season, popping up on jackets at Topshop Unique, trousers at Paul Smith and overcoats at Christopher Raeburn.

Burberry Prorsum's owl T-shirts

The T-shirt added an inexplicably girly element to an otherwise sophisticated show. Plus, isn't the cartoon owl Jason Wu's territory?

KENYA HUNT
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La Vita loca

Two top games for Sony's new portable system are hitting the market How they'll put the PS3 to shame

Get ready to empty your already near-desolate bank accounts. Sony's new portable system, the Vita, is finally here. It offers graphics and gameplay that just about rival current gen systems and, best of all, allows you to play on the toilet. Here are reviews of two standout launch titles.

Review

'Uncharted: Golden Abyss'

Console: Playstation Vita
Company: Sony
Grade: ●●●●○

Can a portable version of Sony's biggest blockbuster franchise offer up the same cinematic thrills as its console counterpart? Well,

▶ 85 percent awesome.

just about. Using our comparotron supercomputer we have ascertained that this new "Uncharted" is about 85 percent as awesome as the PS3 versions. Still, 85 percent in the palm of your hand is pretty astounding.

What's right? Almost everything. The graphics are unreal and make you want to nudge the person next to you to check it out. The story and voice-acting are as great as you remember, sending Nathan Drake in search of a lost city of gold. Ditto for the gameplay. It's the same mix of action and puzzle-solving you know and love only, well, smaller. The game does lack some of the "holy crap" set-piece moments the series is known for, though.

'Hot Shots Golf: World Invitational'

Console: Playstation Vita
Company: Sony
Grade: ●●●●○

This series is a weird mix. Aesthetically it's a loud, often cacophonous, hodgepodge of Japanese tomfoolery. Below all of that, though, lurks one of the most realistic and fun golf sims on the market. This version could easily fool people into thinking it's for the PS3. It looks great, plays great and offers up robust Internet functionality. The controls alone are enough to make you swear off tablet and smartphone golf games for life. It's a pleasure to plan and execute shots using real buttons with no worry of touch-screen accidents. The game's only downside is its steep difficulty. Even Sam Snead would have trouble getting a gold medal on the later stages.

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What to do:

- Blow your nose with a tissue to get out any blood clots.
- Pinch the fleshy portion of your nose over the nostrils between your thumb and index finger constantly for seven to 10 minutes, while breathing through your mouth. This will usually stop the bleeding.
- In order to prevent rebleeding, use an over-the-counter saline nasal spray to keep your nasal passages moist.
- If these home remedies are not effective, or if you are on blood thinners, you should see an ENT doctor or go to an urgent care center or emergency room.

What not to do:

- Don't insert a tissue into your nostril. Removing it will make you bleed again.
- Don't tilt your head back. This will allow the blood to drain into your throat, and swallowed blood will cause nausea and vomiting.
- Applying ice to your nose will not stop the bleeding, but may be useful in reducing swelling from a blunt injury to your nose.

*— **Mark Melrose**, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at **askdrmark@metro.us**.*

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The health clues beneath your teeth

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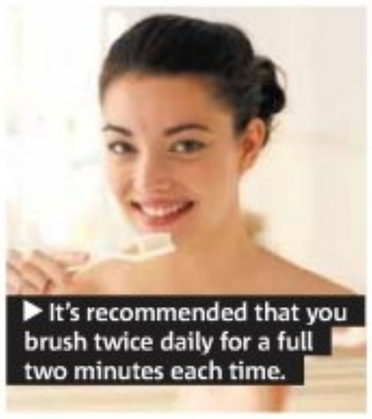

▶ It's recommended that you brush twice daily for a full two minutes each time.

White teeth and fresh breath are a dental care bonus, but the real payoff of proper daily cleaning and dental check-ups is healthy gums. Healthy gums equal healthy teeth and a whole lot more.

"Up to 80 percent of the population unknowingly has some form of gum disease," says Dr. Pankaj Singh, founder of New York City-based Arch Dental Associates. "We must address gum disease as a serious, whole-health concern."

Indeed, gum disease — also known as gingivitis or periodontal disease — is linked to increased risk for stroke, heart attack, pre-term births, diabetes complications, Alzheimer's and dementia.

Also, a thorough visual exam of the mouth guards against oral cancer. Warning signs of the disease include sores, blisters, white and red patches in the mouth or on the lips and bleeding in the mouth.

"Its probable cause is damage from such factors as tobacco, alcohol and viral infections such as HPV," says Dr. Irwin Smigel, president of the American Society of Dental Aesthetics. And here's another reason to put out your cigarette: "Smoking kills the mouth's important tissue cells," he says.

LINDA CLARKE
letters@metro.us

Dental dos and don'ts

Brushing basics

Thorough brushing means using the right tools and the correct technique. Many dentists recommend electric toothbrushes, which clean teeth and gums without harsh scrubbing. "The right toothbrush can mean the difference between getting a thorough cleaning or damaging your enamel," advises Dr. Smigel. But the bottom line, he says, is brushing twice daily for a full two minutes each time without hard scrubbing. "Placing too much pressure on our teeth can wear away at the tooth enamel, which causes pain [and] sensitivity, as well as an increased risk of tooth decay." So be gentle!

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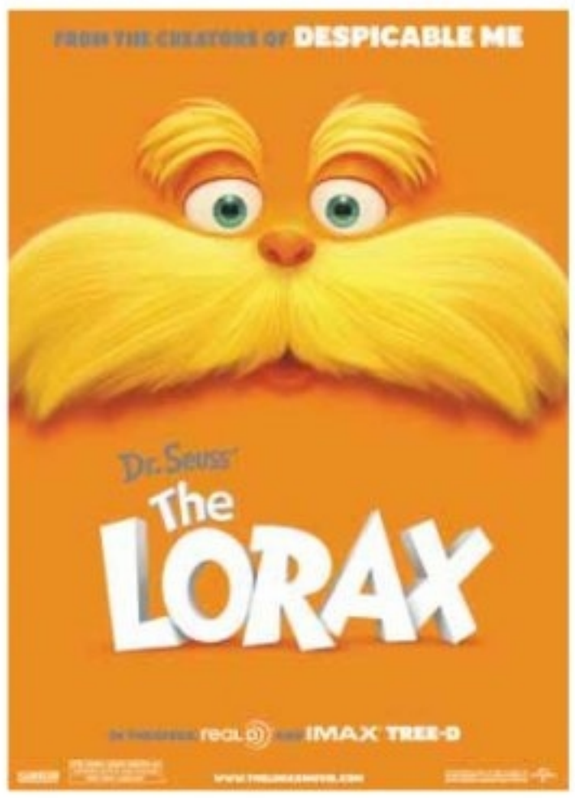

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Letters

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Re: "New war? Debate could be final decider"

The article by Michael J. Frosch was refreshingly accurate and honest. There are few positives to going into an elective war against Iran, a nation that has never attacked the U.S. However, the U.S. has sponsored operations against Iran, such as Operation Ajax, which reinstalled the Shah of Iran over a people who didn't want him. Now the U.S. and Israel are poised to get involved in another needless war.
ROBERT TAYLOR, PHILADELPHIA

"If Israel strikes Iran, it will NOT be because of any nuclear threat. Follow the money!"

Any presidential candidate who believes it's okay to promote war on Iran, with as little information as we have today on the matter, has clearly failed to learn from history — history that has occurred this decade. If one can't even learn from recent history, how can we count on them to not repeat failures? **COLLIN, VIA E-MAIL**

Michael Frosch is to be commended for having the courage to write, and Metro for printing, his excellent opinion piece about mainstream media and pro-war propaganda. Our famous news sources have a lot to answer for in the lies they print and broadcast about U.S. wars and their slavish obedience to the military industrial complex.
PAUL SIEMERING, VIA E-MAIL

Ah, finally a politics section that is free from the hodgepodge of bipartisan bickering and chock full of eloquently presented facts that are topical and concise. The political writing of Michael J. Frosch is truly a breath of frosch air.
HANS HAUGEN, VIA E-MAIL

It is astounding how much one can turn the other cheek with Iran. Michael says that war with Iran is a terrible idea, that we don't know their nuclear program intentions and they had nothing to do with the bombings targeting Israeli diplomats. What he doesn't say is that Iranians were arrested for these attacks trying to flee India, and that Indian leadership is trying to save its energy ties with Iran — while making sure not to upset its strategic alliance with Israel. That is why they report the bombings weren't done by Iran. **NOAM INSLER, VIA E-MAIL**

I am not a war hawk, but must correct guest columnist Michael Frosch who wrote that there is no evidence of Iran behind bombings around the world but only "speculative accusations of Israeli officials, who have blamed three recent bombings in Georgia, Thailand and India on Iran." Frosch fails to mention the suicide bomber in Thailand and his accomplice who was caught at the airport also had Iranian passports. Check it out.
A.J. MIKOFSKY, VIA E-MAIL

Michael J. Frosch denounces the "apocalyptic priapism" (whatever that is) of Santorum, Romney and Gingrich. The same day we have an Associated Press report from Azerbaijan detailing Iranian skullduggery there — and in places as far away as Thailand. Great timing!
SEAN O'ROURKE, VIA E-MAIL

E-mail your letters: **letters@metro.us**

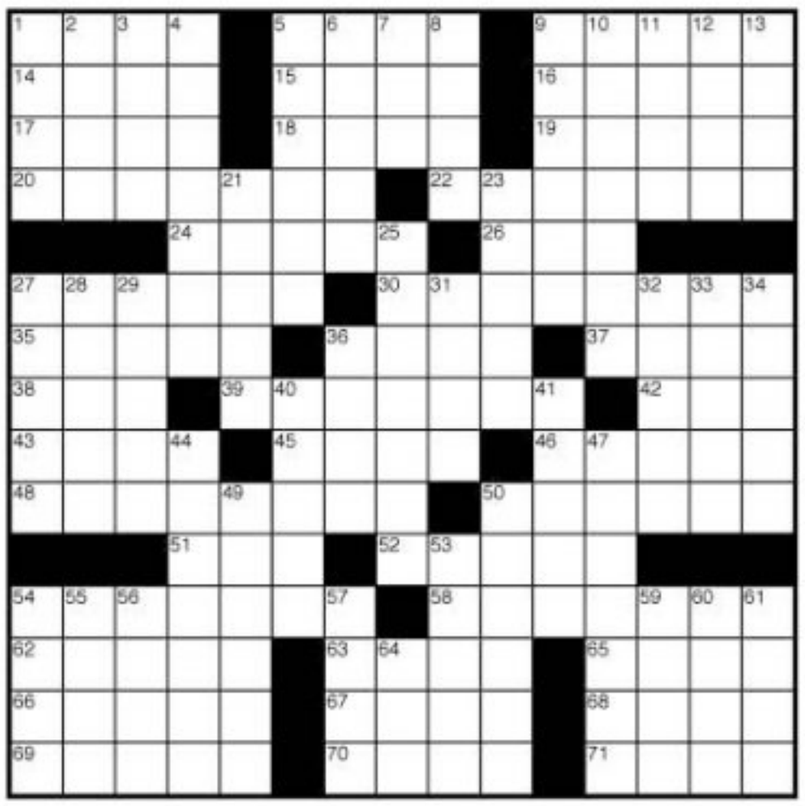
Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♓ Pisces **Feb. 20-March 20.** Although it will be easy for you to get along with most people, you can still expect cross words to come out of your mouth if a nasty person ticks you off. Avoid such types if you can.
♈ Aries **March 21-April 19.** If you expect friends or family to do things for you that you can easily do for yourself, you're going to be severely disappointed. You had better be ready to go it alone.
♉ Taurus **April 20-May 20.** Even if you're sure of yourself, it isn't smart to forcibly impose your beliefs on others. You might win the argument but alienate your pals in the process.
♊ Gemini **May 21-June 20.** Although you may be able to see some changes that would clearly benefit your family, your kinfolk may not be prepared to make them.
♋ Cancer **June 21-July 22.** Even if another has better ideas, you may not be easily convinced. Make sure that you're not putting the kibosh on something cool just because your pride is wounded.
♌ Leo **July 23-Aug. 22.** Your conclusions regarding how others should be managing their affairs will be right on the money, yet when it comes to your own bailiwick, you'll suddenly go blank.
♍ Virgo **Aug. 23-Sept. 22.** Avoid inclinations to treat simple situations in a heavy-handed manner. If you take yourself or events too seriously, you are likely to just make yourself sick.
♎ Libra **Sept. 23-Oct. 23.** Attend to tasks that require know-how and concentration as early in the day as possible, while you're fresh and alert. As time ticks on, your temperament and talents could lose their cutting edge.
♏ Scorpio **Oct. 24-Nov. 22.** Socializing and being with friends will be fun, provided the time spent with them is of short duration. Unfortunately, your social graces might not have much staying power.
♐ Sagittarius **Nov. 23-Dec. 21.** Because your temper might have a short fuse right now, you could bring woe to those who cross you and make you angry. Sadly, the probabilities of you misinterpreting others' intentions will be high.
♑ Capricorn **Dec. 22-Jan. 19.** Have the courage of your convictions, because if you don't, a know-it-all might try to intimidate you by discounting your ideas in front of others.
♒ Aquarius **Jan. 20-Feb. 19.** Instead of applying incoming funds to new endeavors or merchandise that you've had your eye on, it would be a whole lot smarter to pay off some of your old debts first.
BERNICE BEDE OSOL

Across
1 Put on display
5 Fritz's missus
9 Hunks' dates?
14 Cigar producer
15 They accompany aahs
16 Basketball venue
17 Improves, as wine
18 Kind of hog
19 Tree-age evidence
20 Beats
22 In __ (overdue)
24 Vaquero's rope
26 Chinese dynasty
27 Agreement
30 Dogs with beards (2 wds.)
35 Exercise, as power
36 Wingspread
37 Inoculants
38 Collection of tales
39 Found seats
42 Consumer protection org.
43 Rajah's consort
45 Wish me __!
46 Bucolic
48 Leave a horse
50 Compassionate
51 Opposite of post
52 Crush grapes
54 Global specks
58 Worked fast
62 Goddess of the hunt
63 Alcott and Tan
65 Limerick locale
66 Snowy-white bird
67 __ as you are
68 She, in Cherbourg
69 Place for a spat
70 Flower product
71 Russian veto word

Down
1 "Lion King" villain
2 Hefner or Downs
3 Comply with a command
4 Resource squanderer
5 Layout of a publication
6 Perch
7 Just as I thought!
8 Beef-rating org.
9 Ms. Fawcett
10 Familiarizes
11 Warrior princess
12 RR employee
13 Get fresh
21 Ashram dweller
23 Bonn's river
25 Viewpoints
27 Prize
28 Red Sea peninsula
29 Connery and Lennon
31 Pay attention
32 Striped animal
33 Cosmopolitan
34 Pricey fur
36 Ignore pointedly
40 Fishtailed
41 Oil barrels
44 Form a jury
47 Lots
49 Elaborately decorated
50 Gave lodging
53 Kitchen herb
54 Suggestion
55 Indication
56 Carefree escapade
57 Marsupial pockets
59 Fragrant blossom
60 Whodunit name
61 Bug repellent
64 Curly's friend



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				6				2
	6		9		8		3	
5				7				
8							4	
		9	5		7		1	
		4		1	2		5	6

SUDOKU **LEVEL: EASY**

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					6	9	7	8
							1	3
	1		8				6	
9	5						2	7
	7				4		8	
3	9							
5	6	7	2					
		1			9	7		2

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.
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HEALTHY HEART

A SPECIAL SECTION FOR METRO

STOCKBYTE

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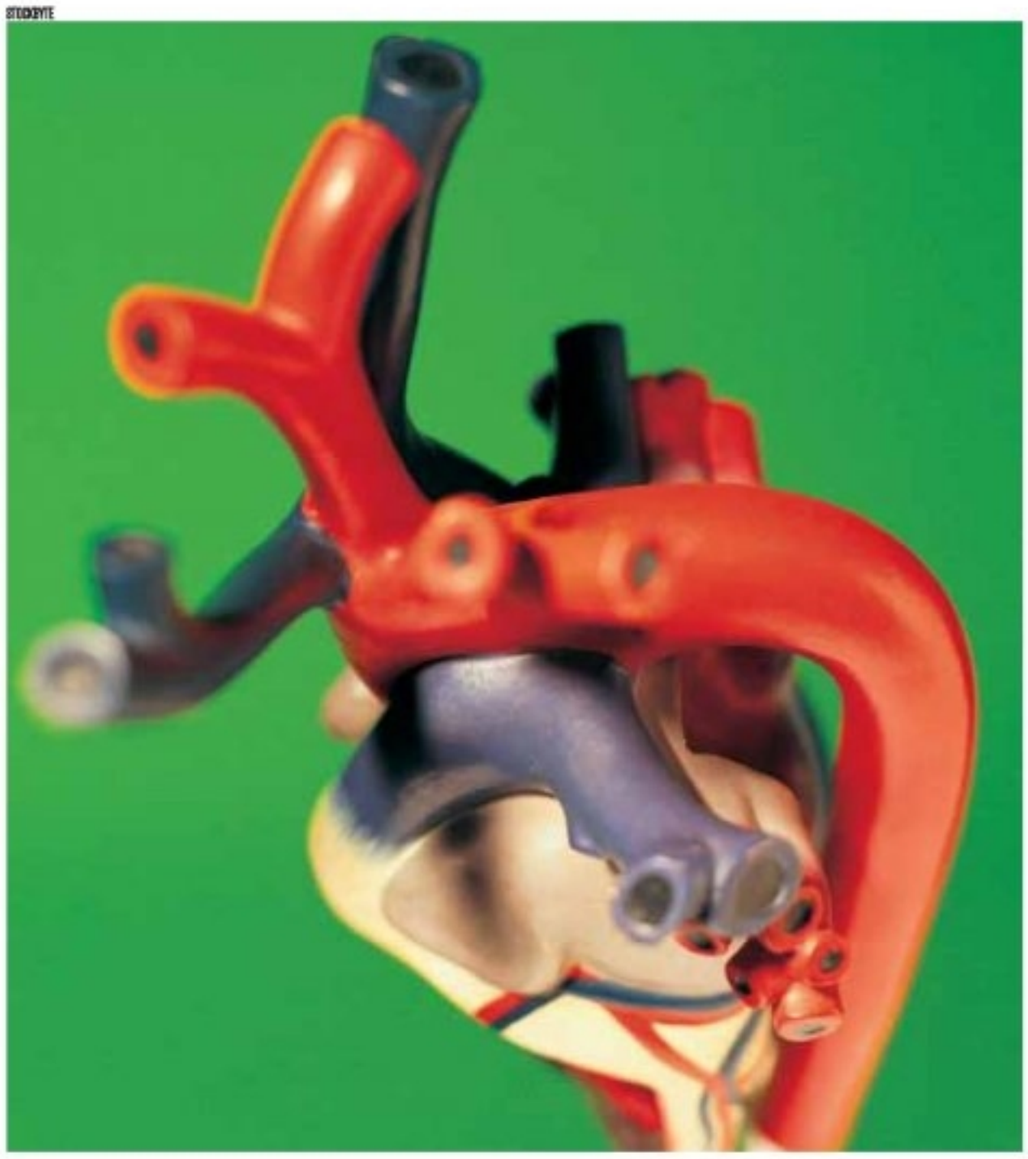
HOW & WHY THE HEART WORKS

STOCKBYTE



The heart is nothing short of astounding. With every beat, it sends blood pulsing throughout the body, delivering the nutrients and oxygen that every single cell needs for its life and function. It's a tall order — no wonder heart health is so important.

"The heart has three components: There's the pump, the electrical and the plumbing," explains Dr. Reena Pande, a cardiologist at Brigham and Women's Hospital in Boston. "I often refer to myself as a general contractor," she jokes.

The electrics keep the heart beating via cells that send signals that maintain a steady pace of 60 to 100 beats per minute. At night and during rest, the heart slows down, allowing blood pressure to lower. Sometimes it receives signals, such as the release of adrenaline, to speed up. A sustained increase creates high blood pressure. But it's the plumbing, the basic structure of arteries, that's often the focus of heart health, or ill health.

"When the plumbing gets clogged the delivery of nutrients and oxygen is impeded," says Dr. Pande. "That's arteriosclerosis. It happens early in life; often in our 20s plaque forms. I hate to say it, but with our modern diet and lack of activity, it's happening earlier these days, often in teens. Changing habits early is essential to keep this amazing organ healthy."

Generally, we give our car engines more care and respect than our 24/7 internal pump. The do's and don't are clear: Do eat healthy, exercise and reduce stress. Don't smoke! And don't ignore warning signs such as heaviness or a burning sensation in the chest, a feeling of indigestion, shortness of breath or sweating. "Any pain or symptom warrants action," says Dr. Pande. "If there's an abrupt onset of severe pain, it's best to not take chances — go to the ER. But with any pain or worry, it's worth touching base with a physician and getting checked out. Pain is the body telling us something is wrong. Don't ignore it."

"CHANGING HABITS EARLY IS ESSENTIAL TO KEEP THIS AMAZING ORGAN HEALTHY."

- DR. REENA PANDE, CARDIOLOGIST AT BRIGHAM AND WOMEN'S HOSPITAL IN BOSTON

WHY PREVENTION IS THE BEST MEDICINE

The figures are alarming: Heart disease is the nation's number one killer for both men and women.

If ever there was a reason to put the old adage about prevention being better than cure into action, then this is it. We read and hear about how to maintain a healthy heart time and again: Establish good eating habits, exercise regularly, reduce stress and quit smoking. But the first step is getting people to drop that head-in-the-sand attitude and stop ignoring the risk factors.

"Eighty to 90 percent of heart disease is preventable. A lot of people miss that message," says Martha Grogan, M.D., the medical editor of Mayo Clinic's new book "Healthy Heart For Life!" "Knowledge is key, but not if it's not put into action. You need to make lifestyle changes."

Those changes don't have to be about denial and suffering, though.

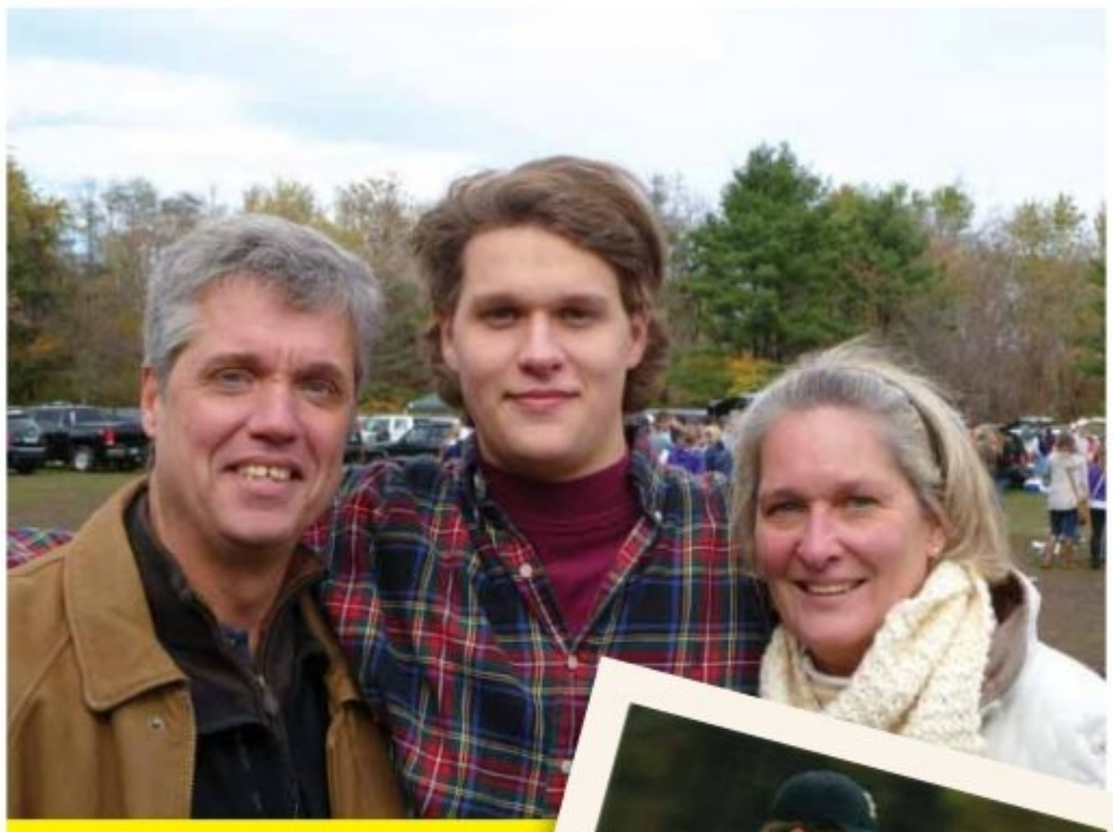
"If you don't enjoy any lifestyle, you won't stick to it," she adds. "You do have to have some self-discipline, but don't worry about what you can't have. Find the vegetables and fruits that you like. You can have that piece of chocolate cake; just don't have a gigantic piece. Rigid diets don't work — people don't stick to them."

And you don't even have to book it to the gym to get your blood pumping. Dr. Grogan advises: "Choose an activity that you like. Gardening, or dancing [for example]. My husband likes to wash and wax the car and that's a real workout. Just get moving."

The biggest excuse is not having time. "It's not an all-or-nothing thing," she says. "You can commit to ten minutes of exercise, even just walking. But do it everyday."

SUDDEN CARDIAC DEATH

What is it? Why does it happen?



DAVE AND JOANNE BABBITT (PICTURED HERE WITH SON ANDREW) FOUNDED THE JOHN TAYLOR BABBITT FOUNDATION AFTER THEIR SON JOHN (INSET) COLLAPSED AND DIED FROM SUDDEN CARDIAC ARREST DURING A BASKETBALL GAME AT THE AGE OF 16.

Sudden cardiac death sounds scary, and it is. Despite its title, though, it isn't instantly fatal. Sudden cardiac death means the heart has died, not the person. But if help isn't at hand immediately, then death follows quickly.

"When a heart has stopped beating — that is, it's in a terminal heart rhythm — there's a certain window to act," says Dr. Alan Gertler, an associate professor of medicine in University of Alabama at Birmingham's Division of Cardiovascular Disease. "After six to eight minutes, survival starts getting more remote."

Sudden cardiac death, or cardiac arrest, doesn't happen out of the blue, either. Heart disease is a common cause, but it's often a result of congenital factors, such as Marfan syndrome, a connective tissue disorder that includes heart valve problems, or hypertrophic cardiomyopathy, which is a thickening of the heart muscle that leads to rhythm problems. Stimulants such as cocaine can send the heart into spasm and produce cardiac arrest, too.

The oddest thing about sudden cardiac death is that it often happens to young athletes who seem in the peak of good health.

"We really need to screen athletes prior to rigorous training," says Dr. Gertler. "An echocardiogram is the most thorough way, but it's not practical because of cost. Athletes should have an EKG and a thorough check-up, including looking at family history."

Technology saves lives

AUTOMATED EXTERNAL DEFIBRILLATORS SAVE LIVES, BUT PEOPLE ARE OFTEN RELUCTANT TO USE ONE BECAUSE OF CIVIL SUIT IF SOMETHING GOES WRONG. PEOPLE LIKE JOANNE BABBITT, VICE PRESIDENT OF THE JOHN TAYLOR BABBITT FOUNDATION, SUPPORT AED GOOD SAMARITAN BILLS EXONERATING AED USE FROM CIVIL LIABILITY WHEN ATTEMPTS ARE MADE TO SAVE SOMEONE'S LIFE. LAWS DIFFER FROM STATE TO STATE, BUT MOST REQUIRE AN AMERICAN HEART ASSOCIATION OR AMERICAN RED CROSS TRAINING CERTIFICATE IN CPR/AED FOR AED OPERATORS.

"OVER THE YEARS, THE TECHNOLOGY HAS CHANGED TREMENDOUSLY AND THESE UNITS ARE NOW DESIGNED TO NOT ISSUE A SHOCK UNLESS A VICTIM NEEDS IT," SAYS BABBITT. "STUDIES HAVE SHOWN THAT A SIXTH GRADER WITH NO TRAINING CAN SUCCESSFULLY USE AN AED TO SAVE A LIFE. TIME IS OF THE ESSENCE. WAITING FOR EMERGENCY SERVICES TO ARRIVE IS OFTEN TOO LATE."

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HEART DISEASE: NOT JUST A GUY THING

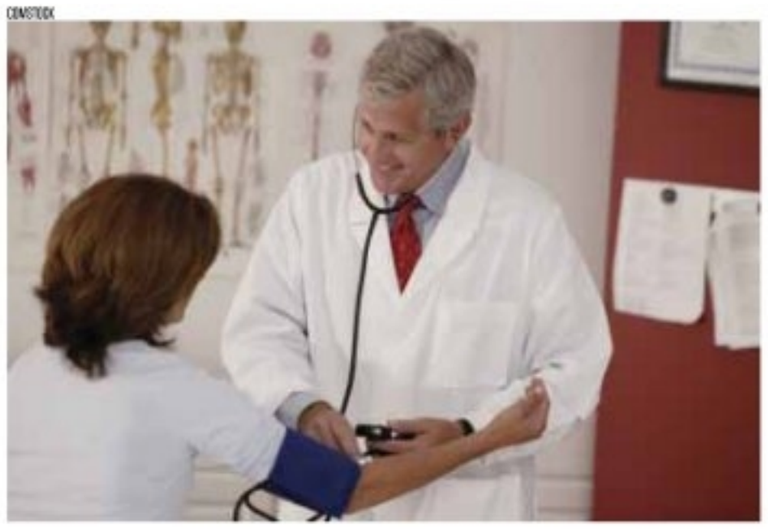
If there are two words that strike fear in women's minds, it's breast cancer — but yet, heart disease kills more women in the U.S. than all cancers combined. It's a startling fact that Malissa Wood, MD, co-director of the Corrigan Women's Heart Health Program at Massachusetts General Hospital and author of "Smart At Heart," wants women to, well, take to heart.

"I understand how women fear those words — I'm a breast cancer survivor," she says. "But woman need to recognize that they're particularly vulnerable to heart disease. Women get the short end of the stick when it comes to heart care."

While men and women share risk factors like smoking, stress, lack of exercise and poor diet, Dr. Wood says women's basic nature as caregivers increases their stress load.

"Fifty years ago families lived closer together. Grandparents helped with the kids, often mom didn't work and life was simpler. Stress feeds into everything. It leads to overeating, smoking more. Reduce [your] stress," she advises.

COMSTOCK



HEART DISEASE SYMPTOMS FOR WOMEN:

PAIN IN THE JAW, NECK OR BACK • FATIGUE • SHORTNESS OF BREATH

- DR. MALISSA WOOD

Heart disease isn't sexist, but with men, it affects the main arteries more. With women, arteriosclerosis occurs more in the smaller blood vessels. Of course, women still get artery blockage and full-blown cardiac arrest and the intense pain that goes along with it.

But outside of such an emergency event, symptoms can be subtler and women often experience continuing jaw, neck or back pain, fatigue and shortness of breath as warning signs of arteriosclerosis.

"Overall the figures for fatal heart attacks are decreasing, but it's not decreasing as rapidly for women as it is men," says Dr. Wood. "There's a perception that women's risk is less. It's a knowledge gap we're trying to close."

TAKE ACTION

"Women try to take care of everything and do everything, but often don't care for themselves," says Dr. Wood. She's not the only one who's concerned. Sister to Sister and Brigham and Women's Hospital's free online cardiovascular wellness program, Smart for the Heart, helps women identify and manage their risk for heart disease. Check it out at www.smartfortheheart.org.

4 fab foods that lower cholesterol

by Joy Bauer, MS, RD

These four delicious foods can help drive down your cholesterol numbers — and unlike some medications, their only side effect is a satisfied stomach.

LENTILS Lentils are a good source of soluble fiber, a special type of fiber that plays a key role in cholesterol reduction. Soluble fiber forms a gummy mass in the gut, which binds up cholesterol and helps to block its absorption by the body. By playing interference, foods rich in soluble fiber help to decrease levels of LDL cholesterol (the "bad" cholesterol). Enjoy a hearty bowl of lentil soup for lunch, or simmer some lentils in low-sodium broth with chopped veggies and seasonings for a simple side dish.

ORANGES Oranges are rich in pectin, the stuff that makes jams and jellies gel. Like other forms of soluble fiber, pectin forms a gooey mass in your gut, trapping cholesterol and ferrying it out of your body before it can clog your arteries and compromise your health. One medium orange provides 2 to 3 grams of soluble fiber, as well as other beneficial nutrients such as vitamin C, folate and potassium. You have to eat whole oranges to benefit from their fiber, so put your juicer aside.

SARDINES Sardines are rich in omega-3 fatty acids, which can significantly reduce blood levels of artery-clogging triglycerides. I'm convinced that most people who turn up their noses at the mere mention of sardines haven't actually tried them. If that's you, consider my uncle's favorite sandwich: two pieces of chewy whole-grain bread spread with low-fat mayo and topped with a couple of canned sardines, a slice of tomato and fresh basil leaves.

PISTACHIO NUTS These little powerhouses are a great source of phytosterols, natural plant compounds that block absorption of dietary cholesterol. They're also rich in monounsaturated fat, fiber and antioxidants — all of which are good for heart health. I prefer eating pistachios in the shell because it forces me to go slowly and prevents me from overdoing these healthy but caloric treats.

For more smart information on lowering cholesterol and boosting heart health, visit www.joybauer.com.

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An EXERCISE ROUTINE for HEART HEALTH

1. **STEP UPS** Standing behind a 15-inch platform or step, place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right leg before switching to the left leg. Continue alternating step-ups for three sets of 30-second intervals.

2. **MOUNTAIN CLIMBERS** Place hands on floor, slightly wider than shoulder width. Position one leg forward bent under you body and extend other leg back. While holding your upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under your body, landing on both forefeet simultaneously. Continue for three sets of 30-second intervals.

3. **ALTERNATING LUNGES** Placing hands on your hips with feet about hip-width apart, step out into a lunge with one foot. Drop your back knee down until it's about three inches from the ground. Your front knee should not extend over your toes. Keep your back as straight as possible. Come back up to standing and alternate legs. Continue for three sets of 30-second intervals.

4. **JUMP ROPE** Be sure to choose a rope appropriate to your size by folding the rope in half and having it reach from the floor to just below your shoulder. Skip rope for three sets of 30-second intervals.

WHY HEART ATTACKS HAPPEN MORE IN THE WINTER

IT ISN'T JUST ADDED SOCIAL STRESS AND SNOW SHOVELING THAT INCREASES THE INCIDENCE OF HEART ATTACK IN THE WINTER BY TEN PERCENT — ABOUT A THIRD OF WHICH ARE FATAL — IT'S SIMPLY ABOUT MECHANICS.

BREATHING IN COLD AIR CAUSES ARTERIES TO CONSTRICT TO RETAIN HEAT AND MAINTAIN THE BODY'S CORE TEMPERATURE. THE ARTERY WALL CAN GO INTO SPASMS THAT, FOR ANYONE WITH COMPROMISED ARTERIES, CAN RUPTURE FAT OR PLAQUE BUILD-UP ON THE ARTERIAL WALL. THIS RUPTURE IN TURN FORMS A CLOT — COLD WEATHER ALSO INCREASES BLOOD'S COAGULA ABILITY — AND DISRUPTS HEART ACTION.

"ANYONE WHO GOES FROM BEING USUALLY SEDENTARY TO RIGOROUS ACTIVITY LIKE SNOW SHOVELING IS ALREADY AT RISK, AND BREATHING IN COLD AIR INCREASES THAT," SAYS CALIFORNIA-BASED CARDIOLOGIST DR. RAMIN MANSHADI, AUTHOR OF "THE WISDOM OF HEART HEALTH: ATTAINING A HEALTHY AND ROBUST HEART IN TODAY'S MODERN WORLD."

FATALITIES OCCUR OFTEN WHEN PAIN DURING OR AFTER SHOVELING IS PRESUMED TO BE A PULLED MUSCLE. BUT IT'S BETTER TO BE SAFE THAN SORRY: "DON'T IGNORE A PAIN," SAYS DR. MANSHADI. "IT CAN BE A SIGNIFICANT HEART ATTACK."

DURING WINTER, INFECTIONS SUCH AS THE FLU OR PNEUMONIA CAUSE EXTRA STRESS ON THE BODY AND CAN RESULT IN EXCESSIVE INFLAMMATION, ADDING MORE STRESS ON THE HEART.

AS WE (PERHAPS) COME TO THE END OF SHOVELING SEASON AND THE AIR GETS WARMER, THE RISK LESSENS. BUT NOW IS THE TIME TO TAKE ACTION FOR YOUR HEALTH.

"GET IN TUNE NOW," SAYS DR. MANSHADI. "DON'T JUMP IN — START EXERCISING SLOWLY AND LISTEN TO YOUR BODY. MAINTAIN YOUR IDEAL WEIGHT AND WHETHER IT'S WINTER OR SUMMER, DON'T EMBARK ON ANY STRESSFUL EXERCISE IF YOU AREN'T USED TO IT."

Cardiac deaths peak in January. The first line of defense is education and common sense. *"Know your risk. Get checked out. Get a detailed exam and find out whether you are at risk. If you are, don't shovel snow,"* Dr. Manshadi advises. *"But even if you aren't at risk, in winter wear layers of clothing to maintain a core temperature."*

real men wear gowns

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WHEN IS IT JUST CHEST PAIN *and when should you* GO TO THE ER?

by Mark Melrose, DO, FACEP, Urgent Care Manhattan

DIGITAL VISION

Chest Pain: These two words instantly conjure up the question "Heart Attack?" to anyone who has ever experienced an unfamiliar sensation of discomfort anywhere near their heart. How do you know if your chest pain needs to be evaluated by a doctor "stat," or if the source of your discomfort is something more benign, like a pulled muscle in your chest wall, or acid reflux in the esophagus?

First, a few words about how the body experiences pain. While the pain from musculoskeletal conditions like a pulled muscle or broken rib is usually localizable to a specific source (somatic pain), the perception and origin of pain we experience from internal organs and supporting structures (visceral pain) is often more vague. This is what makes the diagnosis of a heart attack, or not, so challenging for patients and physicians alike.

A good history of the pain should be considered when wondering if your chest pain requires immediate evaluation.

What to take note of:

Quality of pain: *Burning, pressure, sharp, squeezing*

Frequency / Duration: *How often and how long does it last?*

Onset: *When did it start and what were you doing?*

Radiation: *Does the pain go to your neck, jaw, right arm or left arm?*

Associated activity: *Exertion, deep breaths, after a heavy meal*

What makes it better or worse: *Position, breathing, movement, rest?*

Associated symptoms: *Nausea, fatigue, cold sweat, palpitations*

These factors are all helpful in determining a cardiovascular source of the pain, as opposed to a more benign gastrointestinal or musculoskeletal etiology. Pain that is sharp, fleeting, lasts a few seconds, is easily reproducible, non-radiating or gets better or worse with position is less likely to be cardiac. A heavy pressure or burning sensation, accompanied by fatigue and breathlessness, radiating to the neck or left arm, with a cold sweat, associated with exertion and lasting more than two to three minutes, is more ominous and should be evaluated by a physician immediately.

The risk factors for cardiovascular disease — high blood pressure, diabetes, high cholesterol, smoking and a family history of heart disease — also need to be considered, as these make a heart attack more likely, especially with age over 40.

Uncertainty about the source of new chest discomfort is best discussed with your physician. The American Heart Association says: "Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number." While no one wants to incur the inconvenience and expense of a visit to the ER, it is always better to be safe than sorry.

Why taking care of your WHOLE BODY is important

We know that it's important to keep your body in shape to lessen your risk of heart disease, but treating yourself right goes far beyond this bit of advice. Long before arteriosclerosis develops, plaque build-up starts in some surprising places. Take, for instance, the proven link between gum disease and heart disease.

"Unhealthy gums lead to a buildup of damaging C-reactive protein, which can trigger arterial plaque," says periodontist Dr. Baruch Tetri, head of Manhattan's Periodontics & Implant Surgery.

Dr. Tetri explains how anaerobic bacteria, which thrives without oxygen, grows below the gum line: "As it dies, it forms a layer on which more bacteria grows and dies, eventually creating a biofilm," he says. The biofilm is the plaque removed at the dentist's office.

"Inflammation happens first, then it's a chain reaction," Dr. Tetri says. Inflammation leads to bone and tooth structure erosion, deepening the gum pockets and thus allowing more plaque to develop and envelop more blood vessels.

"Periodontal disease plays a major role in the treating diabetes and diabetes is one of triggers of heart disease," warns Dr. Tetri. "This is why it's so important that dentists check gum pocket depth and do deep cleaning to rectify any build up of anaerobic bacteria."

And men, listen up: Erectile dysfunction can be a symptom of something going on higher up on your body.

"Most men don't like to talk about erectile dysfunction, but they need to, " says Dr. Deepak Kapoor, President of Advanced Urology Centers of New York. "It could be a warning sign of cardiovascular disease."

The tiny blood vessels in the penis can be blocked by plaque build-up sooner than the heart's larger arteries.

"You might be years away from heart disease, but take it as a signal and get in shape," advises Dr. Kapoor. "Not having an erection is a death blow to most men, but ignoring symptoms could literally mean that later in life."

General heart disease prevention methods apply to ED caused by plaque build-up; for gums, prevention differs. "Nothing prevents it in terms of food," says Dr. Tetri. "Antibiotics don't help. Vitamin C is great for healing inflammation and for production of collagen to keep blood vessels healthy. Avoid over-the-counter mouthwashes that are high in alcohol. Alcohol irritates the soft tissue. I recommend homemade mouthwashes made with baking soda, salt and a little iodine."

"I HAD A HEART ATTACK"

Maxine Levy was just your average woman working in New York when the unthinkable happened. Here, she shares her story.

MAXINE LEVY (LIEFT) AND HER MOTHER, SHIRLEY

"At 41, I was a busy woman. I had a husband and children at home and a high-pressure job in Manhattan. The last thing I expected was a heart attack. When it came, it completely blindsided me.

As it turns out, I was a heart attack waiting to happen. I have a family history of heart disease and low levels of HDL, the "good" cholesterol. And, of course, plenty of job stress.

Unfortunately, my doctor never mentioned my heart risks and since I didn't smoke and was taking cholesterol medication, I thought I was home free. I was deluding myself.

The heart attack wasn't one of those dramatic episodes with crushing pain in my chest. What I felt was overwhelming nausea and cold sweats, which I recognized only because it's exactly what happened when my aunt had her heart attack years before me.

I woke my husband and told him that I thought I was having a heart attack. He thought I had lost my mind, but called 911 anyway. When the paramedics arrived, they hooked me up to an EKG and saw immediately that I was "flipping T-waves," or, in other words, having a heart attack.

That was 16 years ago.

When I came home from the hospital, I went through a period of anxiety, which is common after a heart attack. I was afraid to go out, afraid to climb stairs, afraid to go to work.

My family was completely supportive. My mother, now 85, rode the subway to work with me that first day back. My husband did the cooking and household chores. We changed the way we eat, choosing healthier foods and cooking methods. My doctor put me on an aspirin regimen. I started exercising every day – and still do. I learned to make easy changes, like getting off the subway a stop before my destination to get in a few extra steps each day.

As I gained a greater sense of control over my life, I realized that by making the call to 911 and living a healthier lifestyle, I was a survivor.

Soon, I connected with WomenHeart, the National Coalition for Women with Heart Disease, which provides support and important information for women living with heart disease. With training, I became a "champion," and I speak publicly to raise awareness that heart disease is not just for old men. It can be a young woman's disease, too.

There are 42 million women in this country living with or at risk for heart disease. February is Heart Month, and one way women and their families can help cut their risk is by taking the ProHeart Pledge on Facebook (www.facebook.com/iamproheart) and committing to living a heart-healthy life. For each pledge, Bayer will make a $1 donation, up to a total of $100,000, to WomenHeart. The ProHeart Pledge is a great first step on the road to becoming a heart health advocate and living ProHeart."

To learn more about free support services and why heart disease is the leading health threat for women, visit www.womenheart.org.

"THE HEART ATTACK WASN'T ONE OF THOSE DRAMATIC EPISODES WITH CRUSHING PAIN IN MY CHEST. WHAT I FELT WAS OVERWHELMING NAUSEA AND COLD SWEATS..."

DIGITAL VISION

REVERSING THE EFFECTS OF HEART DISEASE THROUGH LIFESTYLE CHANGE

The body's remarkable power to rejuvenate means that if caught early enough and given the right conditions, it can overcome organ degeneration such as non-congenital cardiovascular disease.

"Lifestyle modification can halt and even reverse arteriosclerosis," reports Dr. Herbert A. Insel, senior cardiologist at preventive health practice EHE International and an instructor at New York University School of Medicine.

Yes, that's right: Healing is in your hands. Daily eating and exercise habits, as well as your attitude and outlook, are the remedies for both stable plaque (which restricts blood flow without immediate danger) and the more dangerous unstable plaque (which easily ruptures and causes blockage and cardiac arrest). The first step in reversing plaque is to face the facts.

"There are four elements and all are equally important: a good quality diet, portion control, aerobic exercise and mental wellbeing," Dr. Insel says. "Stress is as dangerous as any other component. Acute stress causes changes in the body; chronic stress causes plaque build-up. Find a healthy way to release stress. I like to do my exercise routine at night to music, or in front of the TV. Do it in your own way, but do it everyday."

Heart disease doesn't happen overnight and there's no instant fix to halt its progression or reverse it. The road to recovery starts with daily choices to avoid risk factors. "I'll take someone switching to a healthy diet, even if they still remain overweight," says Dr. Insel. "It's a start in the right direction, it's progression. Do it at a pace that is comfortable so you don't fall off the wagon."

Indeed, the benefits of sticking with the program are worthwhile.

"Reduce any one risk factor and you lessen cardiovascular disease by 20-30 percent," says Dr. Insel. "Modify all and the figure is an 80-90 percent reduction in future adverse heart conditions."

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BUYING THIS WEEK!

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1873CC Liberty Sealed	Up To	$5,500
1878CC	Up To	$15,500
1889CC	Up To	$13,000
1928	Up To	$5,500

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Cocktails Rings	$15,500	Art Nouveau	$12,500
Charm Bracelets	$5,500	Lavalieres	$8,000
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*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To	$10,500
$2.50	1796 Capped Bust large left side	Up To	$18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To	$5,000
$3.00	1854D	Up To	$10,500
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1859O, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

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Sunday, February 26th 10am-6pm
Monday, February 27th 10am-6pm

Holiday Inn Stadium

9th & Packer Ave., Philadelphia, PA 19147 • Franklin Room
Saturday, February 25th 10am-6pm
Sunday, February 26th 10am-6pm
Monday, February 27th 10am-6pm

Comfort Inn - Montgomeryville

678 Bethlehem Pike, Montgomeryville, PA 18936 • Meeting Room
Saturday, February 25th 10am-6pm
Sunday, February 26th 10am-6pm

GOLD

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Charm Bracelets	Up To	$5,500
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Mountings	Up To	$750
Antique Items	Up To	$5,500
Single Flatware Items	Up To	$750
Dental Gold Items	Up To	$500
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

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Breitling	$15,000	Frodsham	$12,000	Omega	$2,500
Cartier	$12,500	Gallet	$1,250	Rolex	$16,000
Corum	$3,000	Hamilton	$500	Seth Thomas	$1,500
Ditishiem	$14,000	Illinois	$1,500	Tiffany & Co.	$15,000
Dudley	$11,500	Jules Jurgenson	$16,000	Ulyssee Nardin	$10,000
E. Howard & Co.	$12,000	LeCourtte	$6,000	Chronograph Watches	$16,500
		Longines	$13,000	Ladies Watches	$11,000

Breitling
Up To $15,000

Rolex - All Kinds
Up To $16,000

Cartier
Up To $12,500

Longines
Up To $13,000

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A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Most of our business comes from satisfied customers and referrals which includes their friends and families. Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

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Granite Run Mall
Media, PA
Lower Level Next to Ruby Tuesdays
Mon-Sat: 10am-9:30pm
Sunday: 11am-6pm

The Court at the King of Prussia Mall
King of Prussia, PA
Upper Level Across from The Disney Store
Mon-Sat: 10am-9pm
Sunday: 11am-6pm

Hamilton Mall
Mays Landing, NJ
Lower Level Next To The Customer Service Information Booth
Mon-Sat: 10am-9pm
Sunday: 11am-6pm

Seeing the Max factor

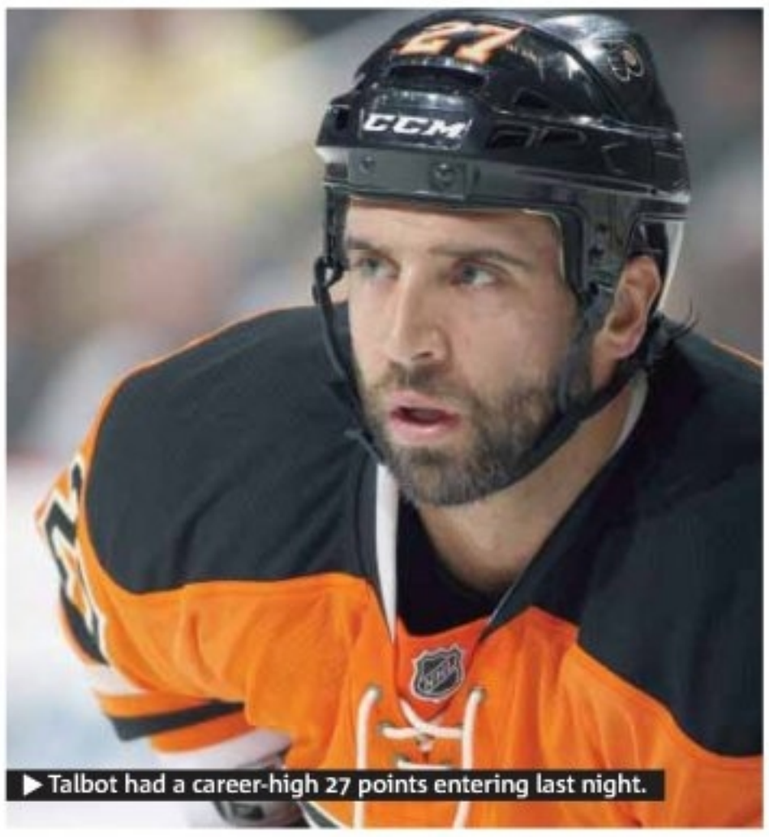
Flyers getting extra offense from unlikely hero Talbot setting career highs for points, goals scored Former Penguins center credits linemate Voracek for increased production

Everybody who said Max Talbot would have more goals than Danny Briere, Jaromir Jagr and James van Riemsdyk through 58 games stand up.

How come you're all sitting?

Talbot's knack of putting the biscuit in the basket has been among the biggest surprises of this zany Flyers season. In a year where most of the talk has been about head cases (Ilya Bryzgalov) and concussions (six Flyers have missed time), along with the development of a huge rookie contingent headed by Matt Read, Sean Couturier and Brayden Schenn, he's been one of the few constants.

Not bad for a career journeyman, whose previous claim to the fame had been scoring both goals in the Penguins' 2009 Game 7 Stanley Cup clincher in Detroit.



▶ Talbot had a career-high 27 points entering last night.

ON TV TOMORROW

Flyers at Oilers, 9:30 p.m. (CSN)

Lamps lit

Flyers' leading goal-scorers (through Feb. 20):

- **Scott Hartnell,** 27 goals
- **Claude Giroux,** 22 goals
- **Wayne Simmonds,** 21 goals
- **Max Talbot,** 16 goals
- **Matt Read,** 16 goals

"In that playoff run I was on [Evgeni] Malkin's line and had eight goals in 24 games," said Talbot. "That was probably the best I played. But the consistency I've had here for the season is the best I've felt. I really like my role."

Talbot, with 16 goals entering last night's game, is tied for fourth on the team in goals scored. So what's gotten into a player with just 52 goals in his first six seasons?

"I'm lucky to play with Jake Voracek," said Talbot. "Having him on my side is huge. He loves to have the puck and I like to drive the net and the puck hits me and goes in. He's the difference in my game."

And, Talbot has been the difference in a number of games, justifying the Flyers' decision to sign him to a five-year, $9 million contract.

"I know the team wants to win and will do anything to win," he said. "That's one of the reasons why I signed here. Right now the sense in the room is yes, we have the elements to win. When you get into a playoff run anything can happen."

JON MARKS
sports@metro.us

Quoted

"The consistency I've had here for the season is the best I've felt. The confidence the coaching staff has given me is good. I really like my role."
MAX TALBOT

▶ Bryzgalov

Bryzgalov injures hand, not serious

Flyers goaltender Ilya Bryzgalov left yesterday's morning skate in Winnipeg with a left hand injury.

Bryzgalov was hit by a puck in his glove hand and went to the dressing room for X-rays. The team said it wasn't serious and the X-rays came back negative, according to CSNPhilly.com. The $51 million man started in net last night.

Bryzgalov entered last night's game with a 20-11-6 record and a 2.79 goals-against average in 40 games.

METRO

Ouch: Sixers lose Brand to nagging thumb injury

Elton Brand is heading back to the shelf.

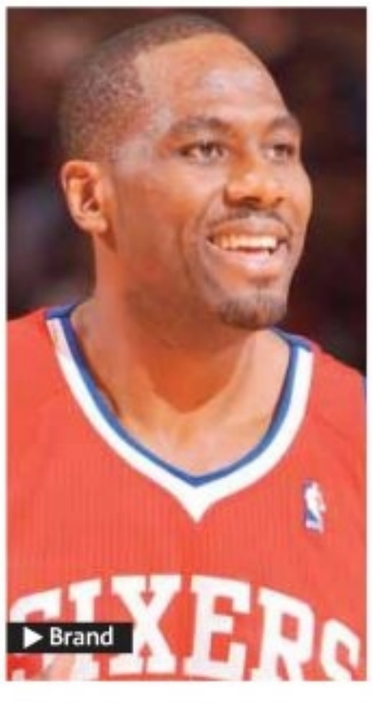
The Sixers forward is expected to miss the team's next two games due to a sprained right thumb. Brand reinjured his thumb trying to block a dunk in Sunday night's loss.

"We'll be without him the next two nights," coach Doug Collins told reporters yesterday. "Hopefully over the All-Star break that will give it a chance to calm that thing down."

The Sixers have lost three straight and five of their past seven overall. Reserve forward Andres Nocioni got the start in Brand's absence last night against Memphis. (That game ended too late for this edition).

30 Games started by Elton Brand this season out of a possible 32. He is averaging 10.1 points and 6.7 boards.

Nocioni has only appeared in eight games this season. He's averaging 1.8 points and 1.3 rebounds in 5.4 minutes per game. METRO



▶ Brand

Union continue youth movement, ink five

The Union continued to overhaul its roster yesterday.

The club signed top draft picks Greg Jordan and Raymon Gaddis, along with supplemental draft picks Krystian Witkowski, Antoine Hoppenot and goalkeeper Chase Harrison. Jordan and Gaddis were the 32nd and 35th overall picks, respectively, in the 2012 MLS SuperDraft.

The Union has lost two key cogs from last year's playoff squad: leading-scorer Sebastien Le Toux and starting goalkeeper and captain Faryd Mondragon. Last week, they signed veteran defender Chris Albright.

The Union open the 2012 campaign with a road game on March 12 (9:30 p.m.) at Portland. The home opener is scheduled for March 18 (4 p.m.) at PPL Park.

METRO

No thanks

Dodgers' Kemp doesn't want NL MVP award

Matt Kemp finished second in NL MVP voting to Ryan Braun last season. Still, the Dodgers All-Star said yesterday that he doesn't want the award if Braun loses his appeal of a 50-game ban for using performance-enhancing drugs. "I feel like that would be by default," Kemp told reporters.

METRO

Match game

Woods ready for match play

Tiger Woods will tee it up against Gonzalo Fernandez-Castano today in the first round of the WGC-Accenture Match Play.

The 36-year-old Woods has lost twice in the opening round of this tournament, including last year in 19 holes to Thomas Bjorn.

‘I’m coming to win a job’

Brown looking to impress Phillies this spring, avoid Triple-A ◗ Fighting for starting left-field spot with Nix, Mayberry ◗ Spent offseason working with hitting legend Sheffield ◗ Grapefruit League play opens March 3

The most noticeable change about Domonic Brown is his physical appearance.

The once-skinny kid from Florida has added some serious muscle to his frame. The other part that stands out is his confidence. Brown, still only 24, is determined to make his mark once Grapefruit League play begins. Last October, Phillies GM Ruben Amaro, Jr. mentioned that he’d like to see Brown spend another season at Triple-A Lehigh Valley.

“I’m not at peace if I start at Triple-A,” Brown told reporters yesterday. “I’m coming to win a job. I’m fighting to win a job here. If I start at Triple-A, I start at Triple-A.”

Brown spent the offseason retooling his swing with Gary Sheffield, who ranks 24th on MLB’s career home-run list with 509.

“He opened his arms toward me and we’ve been close ever since,” Brown said.

Last spring, Brown entered as the front-runner to take over for Jayson Werth in right field. That, of course, never worked out after he struggled in winter ball and then started out spring training by going 0-for-15, with nine strikeouts, before breaking his wrist on March 5.

GETTY IMAGES

▶ Domonic Brown added muscle and a well-known hitting coach this offseason.

GETTY IMAGES

Halladay hates snakes

The tale went that Roy Halladay, on a fishing trip with Chris Carpenter, saved a man from dying in the Amazon. Halladay, per local folk lore, jumped into the river and pried a man away from a snake.

“I was not wrestling snakes,” Halladay said. “We were on the boat driving back, and we happened to see a guy sitting on the shoreline without clothes.”

The man had been bitten on his backside by an anaconda.

“We picked up his stuff, picked him up and drove him back to his tribe, I guess you would call it,” Halladay said.

On Deck

Keeping up with the Phillies and 2012 spring training from Clearwater, Fla. Here’s what’s coming up for the NL East champs:

- **Exhibition: Feb. 29**
  Florida St. at Phillies, 1:05
- **Grapefruit: March 3**
  Yankees at Phillies, 1:05
- **Grapefruit: March 4**
  Phillies at Yankees, 1:05
- **Grapefruit: March 5**
  Yankees at Phillies, 1:05
- **Grapefruit: March 6**
  Phillies at Blue Jays, 1:05

Now, Brown is fighting with John Mayberry Jr. and Laynce Nix to take over Raul Ibanez’s vacancy in left field. No promises or guarantees have been made.

“I kind of believe that if you play hard, do things the right way, great things are going to happen for you,” Brown said. “If you think great, you’re going to be great.”

METRO

GETTY IMAGES

▶ Jenkins hopes to retire as a Philadelphia Eagle.

Eagles’ Jenkins takes pay cut, wants Philly to be last stop

Cullen Jenkins knew his number was too high.

So, in a seemingly unprecedented move in pro sports, he chose to take a pay cut. Jenkins knew when he signed his five-year, $30 million contract with the Eagles last July that he might have to restructure.

“I’ve been around the league long enough and seen enough to understand what happens or the possibility that can happen,” Jenkins said yesterday in a conference call.

Jenkins was reportedly due $7.5 million in 2012, including a $5 million roster bonus. The team isn’t disclosing his adjusted salary — which is significantly lower — but the two sides seem very happy.

5.5
Sacks for Jenkins in his first season with the Birds. He was selected as first-team alternate DT for Pro Bowl team.

“We are very excited about having Cullen back on our football team,” GM Howie Roseman said in a statement. “Cullen made an immediate impact for us this year on and off the field. We look forward to a great future together with him in an Eagles uniform.”

Maybe the move frees up money for DeSean Jackson.

“If by me doing this it can help the team in any way, that’s something that you have to feel good about,” Jenkins said.

Jenkins said the negotiation happened “pretty quick” and he actually first learned about it while flying back and forth from Orlando where he spent the weekend watching his oldest daughter compete in a gymnastics competition. He got a flurry of texts last Friday night, then received the good news, via a text from head coach Andy Reid, when he landed Monday morning.

“I wanted security, I wanted to be somewhere I liked, and the opportunity presented itself and I was more than happy to turn this into more of a long-term deal,” Jenkins said. “I want to finish my career as an Eagle.”

MIKE GREGER
mgreger@metro.us

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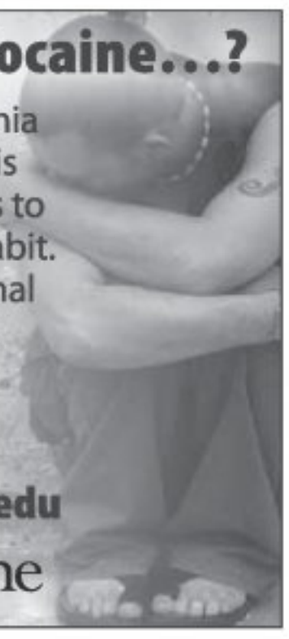

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Don't tell Temple Big 5 doesn't mean anything

Owls have city championship to win before focusing on NCAA, A-10 tournaments Face two key games this week — at La Salle, at St. Joe's

This type of week doesn't happen anywhere else in the country.

Yes, there are other storied rivalries, but there's nothing like Philadelphia basketball, specifically the Big 5.

Just look at what Temple is facing this week. The Owls (21-5, 10-2 A-10) climbed into the national rankings at No. 22 in the AP poll. They have won 10 straight games and are peaking at the proper time.

Yet their two games this week will be tougher than any conference game.

Try La Salle on Wednesday at Tom Gola Arena and Saint Joseph's on Saturday at Hagan Arena. Only in the Big 5.

"Big games, both of them," Temple coach Fran Dunphy said.

While Temple is virtually assured of another NCAA tournament berth, the Big 5 title is undecided. Dunphy's squad will try to secure a Big 5 title on the road. It won't be easy, but Dunphy never worries about circumstances. His motto is to just show up and play.

"The good part is we don't have to travel very far to get there," Dunphy said.

The Explorers (18-9) and Hawks (18-10) are both much improved from last season. This marks the third consecutive season Temple has been nationally ranked and the 18th time in its history.

The NCAA and Atlantic 10 tournaments loom large in the background. This week? It's all about the Big 5.

"I think for years these teams have been competing against one another for the right to brag a little bit," Dunphy said. "It's coming down to the end of the year, and you want to finish up as strong as you possibly can, so there are a lot of different implications here."

ANDY JASNER
sports@metro.us

City Pride

PHILADELPHIA BIG 5

Big 5 standings with just two games remaining:

- **Temple 2-0** (beat Penn, Villanova)
- **Saint Joseph's 2-1** (beat Villanova, La Salle; lost to Penn)
- **Villanova 2-2** (beat La Salle, Penn; lost to Temple, St. Joseph's)
- **La Salle 1-2** (beat Penn; lost to Villanova, Saint Joseph's)
- **Penn 1-3** (beat Saint Joseph's; lost to Temple, Villanova, La Salle)

GETTY IMAGES

▶ Khalif Wyatt helped the Owls to a 78-67 win over Villanova back on Dec. 10 at the Liacouras Center.

Giunta heads back to nest

Temple announced yesterday that Joe Giunta will be the school's senior associate athletic director for sports administration starting on March 8.

Giunta had served as Cabrini College's athletic director for the past four years, after working as Temple's associate athletic director for sports administration.

METRO

Givens, Drexel host JMU on Senior Night

Drexel might not be an official member of the Philadelphia Big 5.

But they continue to state their case for being the city's best hoops team.

The Dragons (23-5, 14-2 in CAA) are going for their 16th straight win tonight when they host conference rival James Madison. It will be an emotional Senior Night for the team's elder statesman, Samme Givens.

Drexel beat Cleveland State, 69-49, this past weekend as part of the Bracket-Busters showcase. Givens grabbed 14 rebounds in that one and is now just eight shy of 1,000 for his career. He would become just the third Drexel player to reach both 1,000 boards and 1,000 points.

Tip-off is scheduled for 7 p.m. at the Daskalakis Athletic Center. The game will be shown on ESPNU.

METRO

55 Points opponents are averaging vs. Drexel, with the Dragons scoring 64.3. That's a plus-9.3 scoring margin.

$8 Price of adult ticket for today's game vs. JMU. In addition to Senior Night, it's also Fan Appreciation Night.

NBA. All-Star weekend

▶ Evan Turner's new shoe

Turner channels inner Dragon

Sixers guard Evan Turner will rock a special-edition sneaker in this weekend's Rising Stars Challenge during All-Star Weekend in Orlando. Turner represents Li-Ning — China's top athletic footwear brand — and will be wearing the Year of the Dragon version of his Li-Ning Turningpoints. There is a special "E" logo stitched into the shoe's tongue. METRO

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Knicks' Lin breaking down stereotypes, winning fans

Basketball is king again in NY, thanks to Taiwanese-American star ◗ Hopes to return to homeland after NBA season ◗ Sixers gearing up

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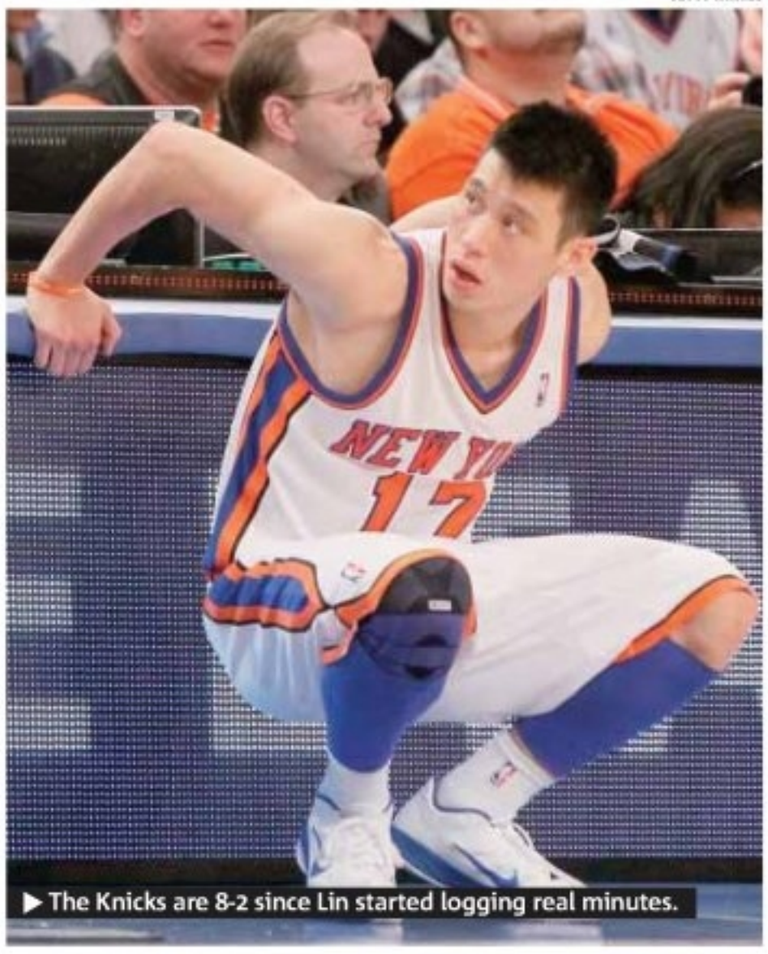

▶ The Knicks are 8-2 since Lin started logging real minutes.

Jeremy Lin is trying not to get caught up in the Linsanity buzz, but the Knicks' point guard is glad to break down stereotypes.

The league's only Taiwanese-American player was neither recruited by a major college basketball power nor drafted by any NBA team and — after playing only 29 games in the league last season — was cut by two teams before being signed by the Knicks.

"There are definitely stereotypes, obviously," Lin said about preconceived notions about Asian-Americans being able to compete at the NBA level. "There's a lot of them. The more we can do to break those down by the day, the better we'll become."

Despite being outdueled by Deron Williams on Monday night in a 100-92 loss, Lin has captivated the entire nation. The Knicks announced yesterday that their past two games were the highest-rated regular season events since the 1988-89 season, when they began tracking those things.

Lin said recently that he was looking forward to returning to the homeland of his parents after the NBA season to host a basketball camp.

"I did that last summer as well," the 23-year-old said. "I have a strong passion for the game and I have a strong passion for Taiwan. I would love to do that. The kids were awesome. It was one of the highlights of my summer, so it's something I definitely want to do again." METRO/REUTERS

Lin-adelphia

The Sixers have plenty of time to prepare for Jeremy Lin and the resurgent Knicks. The team heads to Madison Square Garden on March 11 at noon, then will play host to New York on March 22.

Said coach Doug Collins: "Mike [D'Antoni] has found himself a point guard, so that team is going to be very, very formidable."

Medical Research metro health

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For questions or if interested in participating,

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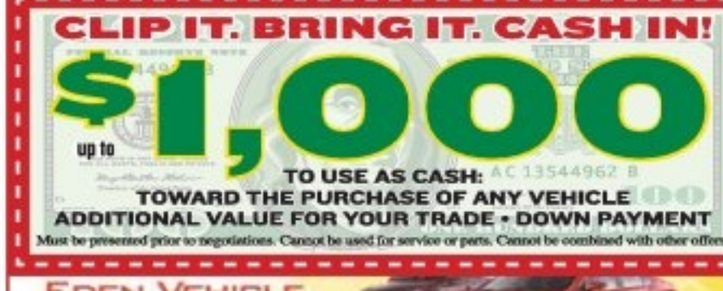

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Pull off prints

Forget monastic minimalism
Now's the time to deck your home in zinging prints

"Prints and patterns have been huge trends for the last few years and show no sign of slowing down," says Tricia Guild, the founder and Creative Director of Designers Guild. "They offer a sense of modernity that plain textiles just do not have."

While print wallpaper and upholstery may read like a throwback to a bygone age, today's prints are inspiringly vibrant and make for a room that you'd actually want to spend time.

As Guild puts it, "Prints lend themselves to a more eclectic look that reflects one's personality and spirit."

A harmonious clash: When using a mix of prints, you need to "pick out a color to link the clash," advises Guild. "In this blue sitting room, we've used more than eight patterns. But the effect is harmonious because the color palette is restricted to a cobalt and white crispness."

▶ Prints reflect your personality and spirit, says Guild.

Don't go wild: It's important to reel in your creative wild side, especially when it comes to decorating with busy animal prints.

"Don't mix too many animal prints together, and use a plain neutral such as black along the edges of curtains, cushions, rugs and lampshades," says Guild. On accent walls, she adds, "I think pattern all over the room is more up-to-date — the feature wall feels a bit passe."

Make it work

ALL PHOTOS: COURTESY OF DESIGNERS GUILD

You don't have to live in a sprawling urban palace to make prints work in your place. If you don't want prints to dominate, temper the look by "choosing a wallpaper that is not too strong," says Guild. "Generally, smaller-scale prints are best in tighter rooms or just add accent print pieces like cushions or throws. However, there are no real rules — and sometimes a large-scale pattern can look amazing," she says.

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▶ The Suburban Home and Garden Show runs Thursday through Sunday.

The Suburban Home and Garden Show arrives this week in Oaks, Pa., (just outside King of Prussia) with more than 500 local exhibitors showcasing everything from ways to upgrade your HVAC system to going green with your lawn to kitchen makeovers both mini and extreme.

Here's why you might want to pay a visit.

It kicks off with free admission

Full-price tickets will only set you back $7, but the show opens Thursday with free admission. Deals extend to Friday, when it's buy one ticket, get one free. Visit www.phillyexpos.com for additional coupons.

If you go

The Suburban Home and Garden Show
Thursday through Sunday
The Greater Philadelphia Expo Center
www.phillyexpos.com

The gardens are in bloom

There's probably not much going on in your February flower beds, but the Expo Center is alive and well with garden displays. Landscapers and nurseries will be showing sample gardens full of eco-friendly ideas and new technologies — not to mention a much-needed advance dose of spring greenery.

There's more than home-improvement ideas

If you're not ready to talk about that bathroom renovation you've been putting off, the show also features a craft decor fair, as well as an exhibit of gowns once owned by Princess Diana. What does that have to do with homes or gardens? Not much. But the collection, which Diana auctioned to benefit AIDS and cancer research, is full of '80s royal outrageousness.

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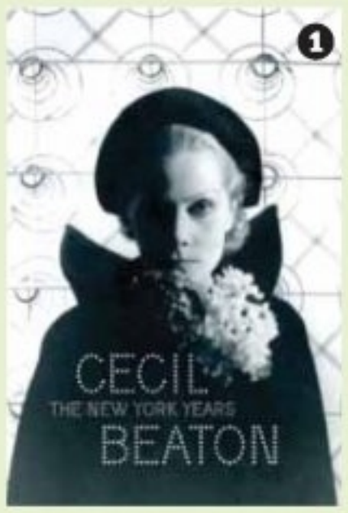
Home picks

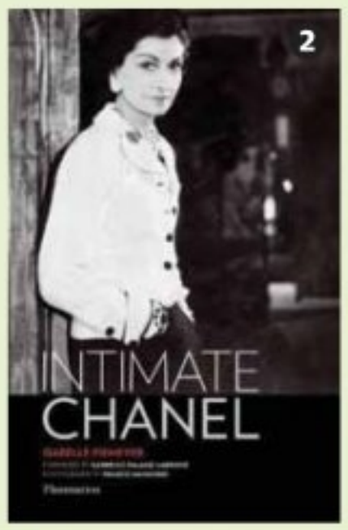
Coffee table (book) couture

It's only polite to keep your guests entertained, especially if you're the kind of host that arrives fashionably late to your own soiree. So while you're beautifying, let them lose themselves in two new coffee table books. "Cecil Beaton: The New York Years" and "Intimate Chanel" both delve into the lives of the two icons through previously unseen sketches, letters and photographs. MWN

1. "Cecil Beaton: The New York Years," $52, www.amazon.com

2. "Intimate Chanel," $38, www.amazon.com





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